from the world's largest online food community

# allrecipes

"If I made this every night until the day I died, I still wouldn't be sick of it. Rave reviews from every seat at the table!" —nataloo

## World's Best Lasagna

7000 REVIEWS, Five Stars!

★★★★★

TOP-RATED Slow Cooker Meals

RECIPES THAT PLEASE Picky Eaters

*football food!* CHILI, DIPS, WINGS & BROWNIES

FEBRUARY/MARCH 2014

## IT'S POSSIBLE WITH BARILLA.™

A strong choice for your family meal, Barilla PLUS® has the same great taste they love, plus 20% of their daily value of protein*. Who knew a plate of pasta could make your family feel this good?

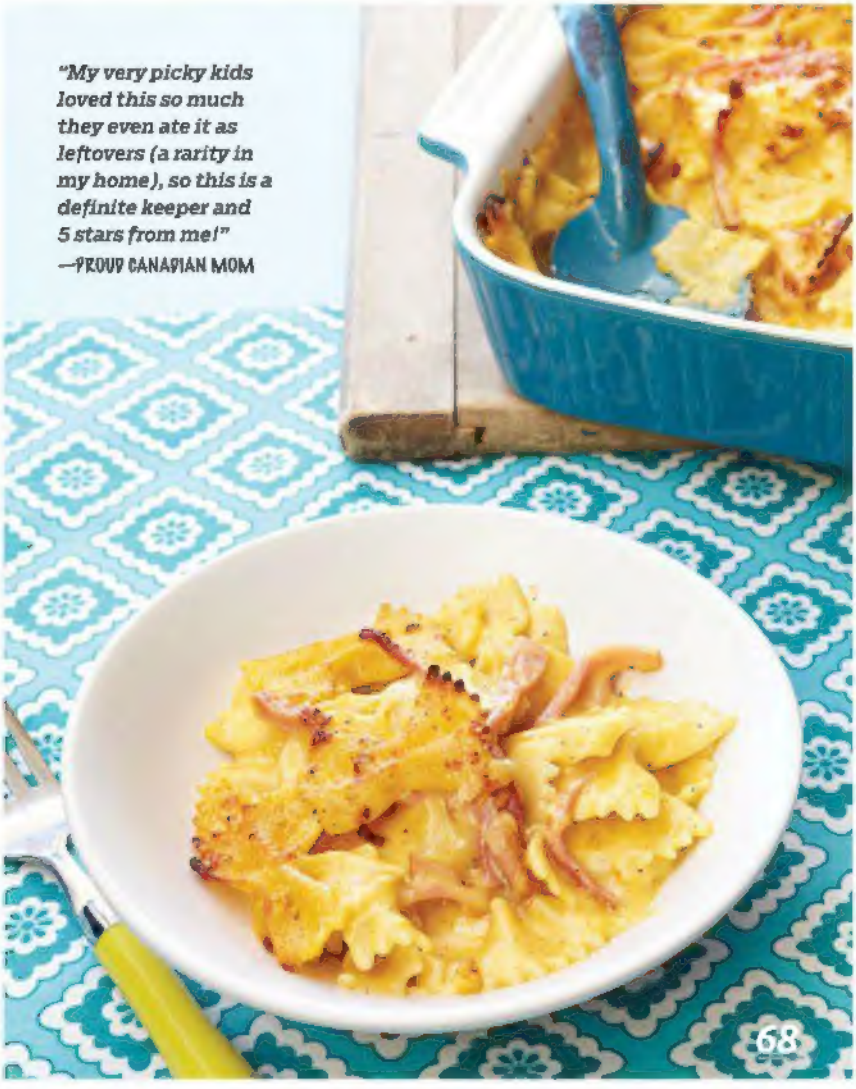
Barilla.com/PLUS

*Per 3.5 oz portion. Contains 200mg of ALA per 56g serving, which is 15% of the daily value for ALA (1.3g).

allrecipes FEBRUARY/MARCH 2014

# Contents

## FEATURES


"My very picky kids loved this so much they even ate it as leftovers (a rarity in my home), so this is a definite keeper and 5 stars from me!"
—PROUD CANADIAN MOM
68


30 **Here's Lookin' at You!**
Football food is serious business in your house.

32 **Super Bowl, Super Easy**
Who wins with this game-day buffet? You! It's a make-ahead winner: Dips, chilis, brownies, and more.

46 **Speed Dating**
A three-course, woo-worthy meal in under an hour. (Now *that's* what we call sexy!)

54 **What's Cooking, America?**
A look at the foods in your shopping cart, on your table, and on your mind.

58 **Take It Slow**
Greatest hits and hidden-gem recipes for your slow cooker.

68 **Perfect Picks for the Pickiest**
Dishes you swear satisfy picky eaters, plus tales from the table.

78 **Make a (Food) Wish**
Allrecipes.com video guru Chef John claims you'll never truly know how to cook by following a printed recipe—you need to watch and learn!

82 **Play Squash**
Invite a funny-looking cast of winter-squash characters to dinner. You won't be sorry!

94 **Spice Rack**
Cooking is always easier when you have what you need on hand—so learn the spice basics, from A to Z.

98 **Craving Cajun**
Bring the spirit of Mardi Gras to your house with bold, spicy, satisfying New Orleans dishes.

ON THE COVER:
Allrecipes Superstars, page 116.
**Photographer:** Sheri Giblin
**Food stylist:** Paul Grimes
**Prop stylist:** Michelle Wong

allrecipes

# Contents

## DEPARTMENTS

4 **LETTER FROM ALLRECIPES**

8 **WHAT YOU CRAVE**
A look at what our social-media-savvy community is posting.

11 **KITCHEN SINK**
How to turn food green, a king cake taste-off, six things you didn't know about popcorn, must-have slow-cooker cookbooks, and more.

18 **VICE VERSA**
In the mood to indulge? Or feeling the need to go healthy? We've got stuffed-pepper recipes for both!

20 **WORLD'S FARE**
A community member shares her memories of her Greek grandmother's baklava.

24 **SAVE TIME, SAVE $**
The lowdown on no-boil noodles, and buying used kitchen equipment on eBay.

28 **CAN'T LIVE WITHOUT**
Valentine's Day kitchen gear that will steal your heart!

110 **COOKING SCHOOL**
Learn how to sharpen a knife, and make your cooking life a million times easier.

114 **RECIPE KNOCKOFF**
Buffalo wings as good as any you can get at a restaurant.

116 **ALLRECIPES SUPERSTAR**
More than 7,000 community members say this lasagna is the world's best!

120 **RECIPE INDEX**

Red heart cupcake toppers, $2 each at etsy.com/shop/AllOverCreations

Hidden Valley
Ranch
Get a taste of life in the valley. Hidden Valley® Original Ranch® Dressing.
The way Ranch is supposed to taste.™

YOU'D THINK THAT WHEN YOU LAUNCH A NEW magazine, most of the work would be over once the first issue is out there on newsstands for all the world to see. In fact, that's just the beginning!! Allrecipes magazine is a living, breathing, evolving thing, just like the website.

For instance, we're still tinkering with our cover. A magazine cover is a big deal, as you might imagine—it has to represent who we are, it has to satisfy and inspire subscribers, and it has to make people who have never heard of Allrecipes (hard to believe, I know!) want to pick it up and check it out. We design a few possible covers for each issue, and we asked YOU to help us pick the best one! It's really important to us that your voice is heard, so **join our Magazine Advisors Community**—an online community that helps us develop magazine ideas, stories, and covers. And every time you participate in one of our studies, you're eligible for gift-card drawings and other incentives. Go to **armagazine.com/magazine-advisors** to sign up.

show
## Better

Allrecipes is now on TV! Yup, it's true. **Allrecipes has a weekly segment on The Better Show**, which airs in 160 markets nationwide (check your local listings); the segment will also be airing on the Hallmark channel. Smart, funny hosts cook up recipes, share tips and advice about everyday meals and entertaining, and take trips to supermarkets and kitchenware stores to see what's looking good.

And, finally, we're adding some insanely cool technology to the magazine: Blippar—an app that turns our pages into a full interactive experience. (They call it "augmented reality"....super sci-fi sounding, right?) Use your mobile device to watch recipe videos directly from the page, shop for products, share content on Facebook, and more. Here's how to check it out:

1. **Download the free Blippar app*** from the App Store℠ or play store on your device.
2. Open the app, then **hover your device** over any magazine page with a "blipp" icon.
3. When the page activates, just touch any button to get anything from videos and products to sweepstakes and more great recipes.

Happy eating!
**YOUR ALLRECIPEEPS**

* The free Blippar app is available for camera-equipped iPhone® and iPad® in the App Store, and Android devices 2.3.4 and later with a camera. Apple, the Apple logo, iPad and iPhone are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.

## Coupon Facts

Saving Size 20%

| Saving per coupon | As Served |
|---|---|
| **Coupons** 1 | **Store Locations** 1000+ |
| | % Daily Value |
| Total Joy | 100% |
| Happiness | 100% |
| Surprise | 100% |
| Bliss | 100% |
| Vitamin A 20% | Vitamin C 20% |
| Calcium 20% | Iron 20% |

# 20% OFF

ONE OF OUR HUNDREDS OF THOUSANDS OF ITEMS.

First-time email subscribers get a 20% off one single item email offer for in-store use. Sign up at bedbathandbeyond.com/AllRecipesTAB.asp

BED BATH & BEYOND®

What are these? They're our Allrecipes.com user names—we're all part of the cooking community!


Editorial Director
LINDA FEARS, Linda1031

allrecipes



**Editor in Chief**
CHERYL BROWN
cherylb413

**Art Director**
CHALKLEY CALDERWOOD
chalksterina

**Managing Editor**
DOUG CRICHTON, doug53

**Senior Editor**
NICHOLE AKSAMIT, nicholio

**Senior Designer**
DEB BERGER, Arberger

**Lifestyle Editor**
RACHEL HAUGO, rachelhaugo

**Art Production Manager**
JENNIFER L. PETERSON, jlynjr

The Allrecipes mag gang!


**Editorial Assistant**
LUCY FITZGERALD, LucyFitz46

**Online Coordinator**
ELIZABETH MARTIN
AllrecipesElizabeth

**Test Kitchen**
Ruth Cousineau, RuthE
Sandy Gluck, sandyg
Gina Marie Miraglia, Gina Marie
Meredith Test Kitchen Team

**Copy & Research Editors**
Sheryl Geerts, Geertsgal
Paul Krantz, IowaPaul

**CONTRIBUTORS**

**Editorial**
Jason Best, JGBinSTL
T. Susan Chang, TSusan
Sandy Gluck, sandyg
Ann Hodgman, annhod
Nanette Maxim, nanette27
Julie Miltenberger, JulieM
Tammy Ruggles, TammyRuggles
Michael Tyrrell, recipeguy

**Photography**
Peter Ardito, paphotonyc
Karla Conrad, karlaconrad
Sheri Giblin, sherigiblin

**Food Stylists**
Paul Grimes, pgnycl14

**Prop Stylist**
Michelle Wong, wongers5000
Lori Hellander, ICanCook

Julie, in the throes of testing.

Sheri, on her perch.

Paul, pasta Jedi.


**Group Publisher**
STEPHEN BOHLINGER, Chillax

**Publisher**
STEVEN B. GRUNE, SteveG

**Group Associate Publisher, Marketing**
TERRI SMITH, CosmicOaks

**ADVERTISING**
**NEW YORK:** 212-455-1065

**Account Managers**
JUDY BROOKS, Judy06880
DAVID GINSBERG, DaveG

**Direct Response**
GRACE CHUNG, Amazing Grace
CARA JACOBS, ChefJacobs

**Sales Assistant**
RENEE KIM, reneejkim

**CHICAGO**
**Account Managers**
LISA HIRATA, LisaintheKitchen
ERIN MURNIGHAN, yaknire
JENNIFER SWANTON, jswanton

**DETROIT:** 248-205-2571

**Detroit Director**
KAREN BARNHART, kbcooks

**National Travel Director**
JODIE BURLOG SCHAFER, traveling soon

**MARKETING**
**Marketing Director**
KRISTEN STUCCHIO SUÁREZ, KSStheCook

**Design Director**
ALYSSA DAINACK, APD_NYC

**Special Projects Director**
CHERYL MARKER, Magic

**Art Director**
JIRI SEGER, Jeneration J

**Promotion Director**
ALYSSA KUPPERSMITH, KupinTheKitchen

**Senior Promotion Manager**
KIM BERRY, kimberry

**Senior Publicity Managers**
CARRIE CARLSON, carecarlson
MEGAN LEVINSON, MegLevinson

**Executive Director, Research Solutions**
HEATHER DOOLING, heathard

**Research Director**
DIANE TERWILLIGER-SILBERFEIN, DianeTS

**Promotion Coordinator**
MELISSA GRIMES, mgrimes

**PRODUCTION**
**Senior Production Manager**
MICHAELA LESTER, mac

**Associate Advertising Operations Manager**
APRIL GROSS, AprilG

**Senior Director of Quality**
DAVE WOLVEK, zero-tolerance

**Prepress Desktop Specialists**
PATRICIA J. SAVAGE, DAVID SWAIN

**Associate Premedia Manager**
LINDSEY STOCK, LindsRS

**Production Traffic Supervisor**
JULEE EVANS

**CIRCULATION**
**Assistant Circulation Director**
LESLIE SHAEFFER, lshaeffer

**Retail Brand Manager**
JENNIFER HAMILTON, Foodie Delights

**FINANCE**
**Business Director**
CHRISTY LIGHT, Christy Light

**Advertising Business Manager**
STEPHANIE RABBANI, Momof4boys

**ALLRECIPES.COM**
**President**
STAN PAVLOVSKY, spavlovsky

**Vice President, Retention Marketing**
RITA SPANGLER, rita margarita

**Vice President, Brand Marketing**
ESMEE WILLIAMS, Esmee

**Vice President, Creative Services**
BOB O'KEEFE, bob from issaquah

**Senior Manager, Retention Marketing**
ELIZABETH MARTIN, AllrecipesElizabeth

Tom and Kristen, playing hosts on the Better TV set.

Rita and Elizabeth, armed and ready to cook.


**Chairman and Chief Executive Officer**
STEPHEN M. LACY
**President, Meredith Local Media Group**
PAUL KARPOWICZ
**Vice Chairman**
MEL MEREDITH FRAZIER
In Memoriam – E.T. Meredith III
(1933-2003)

**MEREDITH NATIONAL MEDIA GROUP**
**President** TOM HARTY

**EXECUTIVE VICE PRESIDENTS**
**President, Meredith Digital**
JON WERTHER
**President, Media Sales**
RICHARD PORTER
**President, Better Homes and Gardens**
JAMES CARR
**President, Parents Network**
CAREY WITMER
**President, Women's Lifestyle**
THOMAS WITSCHI

**Creative Content Leader**
GAYLE GOODSON BUTLER
**Chief Marketing Officer**
NANCY WEBER
**Chief Revenue Officer**
MICHAEL BROWNSTEIN
**Chief Innovation Officer**
JEANNINE SHAO COLLINS
**General Manager** MIKE RIGGS
**Director, Operations & Business Development** DOUG OLSON

**SENIOR VICE PRESIDENTS**
**Chief Digital Officer**
ANDY WILSON
**Chief Technology Officer**
JACK GOLDENBERG
**Allrecipes.com President**
STAN PAVLOVSKY
**Digital Sales** CAROLYN BEKKEDAHL
**Research Solutions** BRITTA CLEVELAND

**VICE PRESIDENTS**
**BRAND LICENSING**
ELISE CONTARSY
**BUSINESS PLANNING & ANALYSIS**
ROB SILVERSTONE, Rob Silverstone
**COMMUNICATIONS**
PATRICK TAYLOR
**CONSUMER MARKETING**
JANET DONNELLY

**CORPORATE MARKETING**
STEPHANIE CONNOLLY
**CORPORATE SALES**
[redacted]
[redacted]
PATTI FOLLO
**NEWSSTAND**
MARK PETERSON


esha RESEARCH


Recipe nutritional information provided by ESHA Nutrient Database. © 2009 ESHA Research, Inc. All Rights Reserved.


Want to subscribe to *Allrecipes* magazine, or have a question about your subscription?
Email: allcustserv@cdsfulfillment.com Call: 800-837-9017
Write: Allrecipes magazine, Customer Service, P.O. Box 37508, Boone, IA 50037-0205


Allrecipes © 2013, Meredith Corporation

# Blipp! ~~Flip~~ through the Pages of Allrecipes Magazine

**Transform this issue into an interactive experience using the free Blippar app and your smart phone or tablet. Blipp to watch recipe videos, enter sweepstakes and more!**

## How to Blipp

Download the free Blippar app from your device's app store.*

Open the app, then hover your device over any page with the Blippar icon.

Tap the buttons you now see on your device's screen to go to the next level.

## Signature Spoon Sweepstakes

Blipp this page daily to enter for a chance to win an Allrecipes wooden spoon.

**100 WINNERS TOTAL ENTER DAILY**

*Available on most camera-equipped smart phones and tablet devices.

blippAR

NO PURCHASE NECESSARY TO ENTER OR WIN. Subject to Official Rules available on Blippar app. The Allrecipes Signature Spoon Sweepstakes begins at 12:01 a.m. Eastern Time ("ET") on 1/06/14 and ends at 11:59 p.m. ET on 3/27/14. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. Limit one (1) entry per person and per email address per day. Void where prohibited. Sponsor: Meredith Corporation. Data rates may apply. See your wireless service provider for pricing plan details and capabilities.

# WHAT YOU CRAVE! * TRENDS * FACTOIDS * FAVES

*Allrecipeeps are active on pretty much every social media platform. Over the past year, we've seen an explosion of community members sharing their favorite recipes, photos, cravings, and opinions on sites like Facebook, Pinterest, and Instagram. We've rounded up some of the most popular from the past year...*

Like us at facebook.com/allrecipes

## With more than 313,000 fans, our Facebook page is buzzing.

PHOTO: LUTZELCAT

### MOST SHARES

Loaded with cinnamon, brown sugar and apple, it's no wonder the **Apple Cinnamon White Cake,** submitted by Jinglebells, was shared nearly **4,000** times.

PHOTO: JOE

### MOST LIKES & COMMENTS

**Vodka Soaked Peeps,** uploaded by Joe, went viral last spring—it was viewed more than **290,000** times, and received **5,338** likes, **2,805** comments, and **3,114** shares.

FILE PHOTO

### MOST CONTROVERSIAL

We asked what **food you hate because of the texture**—and **1,700** of you answered. Liver, seafood, mushrooms, and oatmeal were among the most offensive textures.

Join the conversation at plus.google.com/+allrecipes

Good old-fashioned **Apple Pie by Grandma Ople** was rocking Google+ this past winter—it had **523** +1's and **113** shares. Go Grandma!

Connect with us at instagram.com/allrecipes. Use the hashtag #AllrecipesMag to show us what you're stirring up in your kitchen!

## You've shared the love with our Instagram feed. These are the most-tapped images:

PHOTO: @ALLRECIPES

**Ramen Burger**
**150** likes

PHOTO: @ALLRECIPES

**Deep Fried Oreos**
**129** likes

PHOTO: @ALLRECIPES

**Frito Pie**
**137** likes

PHOTO: @ALLRECIPES

**Chef John's Candied Bacon**
**134** likes

Feast your eyes on us at pinterest.com/allrecipes

## Pinterest is all about sharing delicious images, and these are no exception!

PHOTO: SOPHIA CANDRASA

**Crispy Edamame**
pinned **905,583** times

PHOTO: JENNIFER

**Grilled Salmon I**
pinned **671,360** times

PHOTO: BDWELO

**Green Grape Salad**
pinned **474,585** times

Follow us at allrecipes.tumblr.com

We know you love cookies—there are **5,913** cookie recipes on the site (**514** of them with a 5-star rating)—so it's no surprise that the Tumblr post featuring a **Monster Cookie** from TMAGOOTS was a hit, with more than **2,400** reblogs.

PHOTO (PIE, TOP RIGHT): SHUTTERSTOCK

# Pour on the sweetness.

Domino

## Organic Blue Agave Nectars

**Domino® Organic Blue Agave Nectars** are delicious liquid sweeteners, with a low glycemic index, that are made from the core of the blue agave plant. Low glycemic foods help keep energy levels balanced and are a good part of a healthy diet.

Whether you use Agave Nectar Syrup, with its delicate flavor, or Amber Syrup with a more caramel-like flavor, you're sure to enjoy it over fruits, cereals, or in beverages, sauces and baked goods.

*Enjoy* our organic blue agave nectars straight from the bottle or when making delicious recipes, such as this **flavorful berry syrup**.

the *Real Way* to do *Sweet!*

### Agave Berry Breakfast Syrup

**Ingredients**

3 cups fresh strawberries (hulled, cleaned and quartered)
2/3 cup Domino® Amber Blue Agave Nectar Syrup

**Instructions**

Place cut strawberries in large microwave-safe bowl. Cook for 2 minutes, stirring after 1.

While the berries are cooking, pour the agave nectar into a small saucepan on low heat. Add strawberries to saucepan and crush, using a potato masher or ladle. Increase heat to medium until mixture begins to boil and foam, approximately 5 to 7 minutes. Reduce heat and simmer for 10 minutes. Strain mixture using a mesh strainer, working with the back of a spoon to remove as much liquid as possible.

Serve over pancakes, waffles or French toast and enjoy! Yields 1 cup.

For more information and delicious recipes, visit dominoagave.com

ASR

# PERFECT PAIRING

Better + allrecipes magazine

Co-hosts JD Roberto and Rebecca Budig

Every TUESDAY, The Better Show mixes it up with the new *Allrecipes* magazine–inspired by America's most popular recipe site. Tune in for:

5-STAR RECIPE DEMOS
COOKING Q&As
GREAT KITCHEN GADGETS & MORE!

VISIT BETTERTV.COM FOR LOCAL LISTINGS AND TIMES

# Kitchen Sink

## it's easy being green

*Green food coloring is a hot commodity around St. Patrick's Day. You can mix it into everything from scrambled eggs to frosting to milk, creating all manner of verdant surprises. (You can even use it to color the water in your toilets—it won't stain, and, trust me, the kids will go insane.) But not everyone is wild about cooking with artificial color. So if you want to have fun with unexpectedly green food and steer clear of the fake stuff, here are some "wholesome" tricks that will work just as well.*

♣ **Fresh pesto**—a no-brainer. Use it on pasta, of course (preferably the spinach kind), and also as a marinade/coating for chicken or fish. Nice for garlic bread, too.

♣ **Green bread crumbs**: Use a food processor or blender to grind 4 slices of toasted bread with ½ cup chopped parsley. Then toss this mixture with 4 ounces grated fresh Parmesan and a minced garlic clove. Pat it onto chicken or fish and bake as usual.

♣ **Green mashed potatoes**: Purée half a cup of peas with a tablespoon of milk and stir it in. Bonus for veggie-challenged kids: The potatoes will still taste exactly the same. (This trick works for hummus, too.) Or, for sophisticated palates, make an olive oil-herb emulsion with chives and watercress, like we did here!

♣ **Wheatgrass juice** has a neutral taste, and it's an amazingly bright green. (It's available at natural-foods stores and some supermarkets.) Add a tablespoon or two of wheatgrass juice to rice, cooked pasta, mayo, and dips. A few drops will even work for light-colored sweets: cookie dough, vanilla pudding, whipped cream...

♣ Pull out that ancient bottle of **crème de menthe** to make a minty, homemade shamrock shake: Blend together 1 cup milk, 1 cup vanilla ice cream, and crème de menthe to taste.

♣ Stir a tablespoon or two of **green-tea powder** (a.k.a. matcha) into yellow or white cake batter or sugar cookie mix. —ANNHOP

# Cook in someone else's shoes

**When you imagine what a legally blind person is capable of doing really well, cooking probably isn't the first thing that comes to mind. But thanks to today's accessibility gadgets, a legally blind foodie like me can make virtually anything. Here are just a few of my little kitchen helpers—I really couldn't cook without them!** —TAMMY RUGGLES

**1 AUTO-MEASURE SPICE CAROUSEL**
All of the canisters are the same exact shape and size, but each spice can be labeled with Braille or a bold marker. There are openings of various sizes to choose from, from light sprinkling to heavy pouring, and an opening on the bottom dispenses pre-measured amounts (¼ teaspoon, for instance) with each turn of the dial, to prevent miscalculating.

**2 HIGH-CONTRAST CUTTING BOARD**
A completely blind person can learn to slice and dice safely, but if you still try to use your remaining vision, like I do, a black-and-white board improves your safety. If you see best in high contrast, use the black side of the board for cutting light foods like onions, and the white side for dark-colored foods like beets.

**3 FUNNEL**
This helps control the flow and direction of your liquid to make sure it gets into the bowl or pan. Mine even has a stopper in the bottom that you can open or close, to prevent over-pouring.

**4 AUDIBLE LEVEL INDICATOR**
If you've ever wondered how a blind person knows when to stop pouring (besides using a fingertip), this is it. The device clips onto a cup, glass, or bowl, and beeps when the liquid reaches the tongs inside.

**5 BIG-NUMBER TIMER WITH A LOUD RING**
It's easier to read than tiny timers, has tactile numerals, and I set it for all sorts of reasons, from chilling something to timing burgers mid-way for turning. And though my hearing is just fine, the extra loud timer is a good reminder if I'm distracted with guests or on the computer.

There are lots more, too, like a talking calculator, talking meat thermometer, and talking recipe books. So if you know anyone who's vision is starting to fail but still wants to be confident in the kitchen, these gadgets are the solution (check out sites like maxiaids.com or lowvisionchef.com).

PHOTOS 1 AND 4 BY REBECCA NOVAK; 2 AND 3 —MAXIAIDS; 5 —AMAZON.COM

# Cooking... in Your Dishwasher

Yes, you read that right. Not long ago, it might have been a punch line for a Jeff Foxworthy joke (say, "sous vide for rednecks"), but believe it or not, cooking in your dishwasher is having a moment.

The party-trick-cum-culinary-technique gained some notoriety back in the mid-1990s, when Food Network host Bob Blumer went on tour to promote his book, *The Surreal Gourmet Entertains*, poaching salmon in more than a hundred dishwashers on three continents.

But a recent National Public Radio story on dishwasher cooking seems to have sparked new interest in putting your main course through the pots-and-pans cycle, bringing to national attention a cookbook written by Italian cook/environmentalist Lisa Casali, *Cucinare in Lavastoviglie* (which means "cooking in the dishwasher"—and, yes, like most things, it sounds better in Italian).

Casali stars in a short series of (subtitled) online videos posted on Vimeo.com, where she demonstrates how to cook such elegant dishes as couscous with green beans, zucchini and mint (on normal cycle), sea bass fillets in a poppy seed crust with yellow pepper cream (on rapid-wash cycle) and roast veal in a mackerel sauce (on heavy wash).

Casali uses a lot of vacuum-sealed bags and airtight jars for her dishwasher cooking (to keep water out—and detergent, if you simultaneously want to do a load of dishes), and in her videos she contends that hers is "an easy technique within everyone's reach and you can gain great advantages."

Chef Alton Brown, on an episode of *Mythbusters*, wasn't quite as enthusiastic, deeming a dishwasher-cooked lasagna "serviceable," while food safety experts caution that many dishwashers fail to reach temperatures to adequately cook meat.

Maybe we'll stick to our salmon poached the old-fashioned way. —JOBINSTL

PHOTO (CAKE) SHERI GIBLIN. PHOTOS, ABOVE AND TOP RIGHT, PETER ADDED

# All Hail the King

The tradition of eating king cake—**a ring-shaped confection that honors the Three Kings,** with a little "baby Jesus" hidden inside (now plastic, once upon a time a whole nut)—during the Christmas season goes way back to Old World Europe. At some point it made its way to the Americas, where it became strongly tied to the pre-Lenten celebrations of Mardi Gras. The cake is notoriously sweet—cinnamon yeast dough with thick, colorful sugar icing—perhaps to offer up an intense sugar fix before the fast.

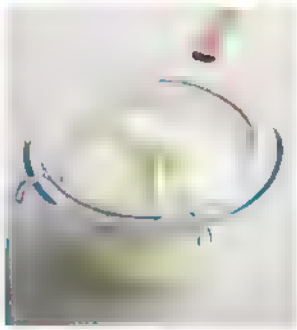
**Thousands of people mail-order king cakes every year**, so we decided to conduct a non-scientific taste-off among a few popular New Orleans king cake sources—three time-honored bakeries, Gambino's Bakery, Haydel's Bakery, and Manny Randazzo's King Cakes; and one relative newcomer, Sucre. We ordered the most basic versions, which also happen to be the least expensive king cakes from each bakery: Gambino's, $49, Haydel's, $43, Manny Randazzo's, $50; Sucre, $20.

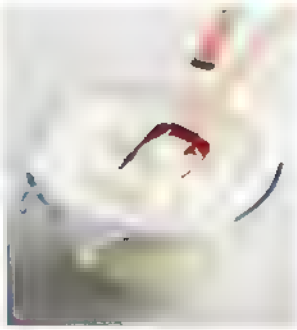
We're just going to cut to the chase: **Sucre got our vote by a landslide.** It's hard to get a true sense of what the cake part of king cake tastes like in any of these because the toppings are achingly sweet. But that's why Sucre was on to something by *not* having the traditional thick frosting—it was coated in a very thin, subtle layer of iridescent icing that allowed the flavor of the cake to shine. And shine it did: Sucre's cake was light and moist, with a nice tang from a thin layer of cream cheese filling and just the right hint of cinnamon.

King cake purists will happily embrace any of the classic versions from Gambino's, Haydel's, and Manny Randazzo's (that's why they sell boatloads every year), but Sucre's cake was delicious in the category of "cake," not just "king cake." -RACHELNAUGO

*If you want to skip the store-bought stuff and make your own, we've got an awesome king cake on page 109*

# GREEK TO ME





Rich, thick, creamy—you don't often see those words together with "healthy," too, which is why millions of Americans have been going Greek when it comes to their morning yogurt fix. Nearly unheard of a decade ago beyond ethnic or specialty food stores, today's so-called "Greek" yogurt accounts for nearly a third of all yogurt sales in the United States. But is Greek yogurt actually better for you than regular yogurt—and is it even Greek?

There's nothing particularly exotic about how Greek yogurt is made: It's simply old-fashioned yogurt with much of the watery part (a.k.a. whey) strained out. In fact, around much of the Middle East and Mediterranean (including in Greece), what's been marketed in the U.S. as "Greek yogurt" is simply called "strained yogurt," to differentiate it from regular yogurt (which, yes, the Greeks eat, too).

Removing the whey not only gives Greek yogurt its distinctive creamy texture, it also gives it a big nutrition boost. Ounce for ounce, Greek yogurt can contain upwards of twice as much protein as regular yogurt, and half the sugar (when the whey is drained out, so is some of the lactose, which is a naturally occurring sugar). Beware, though. We're talking about nonfat, plain Greek yogurt. When you start adding in sweet ingredients, you're adding sugar back in.

—JOBINSTL

# 6 Things You Didn't Know About... POPCORN!

**Popcorn is hands-down one of America's favorite snacks—we eat some 16 billion quarts of popcorn per year (that's 51 quarts for every man, woman, and child). And unlike, say, French fries, it's truly homegrown: Native Americans were eating popcorn long before Columbus set foot in the New World.** —JOBINSTL

1 Not all corn pops! Of the 4 most common types of corn—sweet, dent (also known as field), flint (also known as Indian corn), and popcorn—only popcorn pops. Popcorn differs from other types of corn in that its hull has just the right thickness to allow it to burst open.

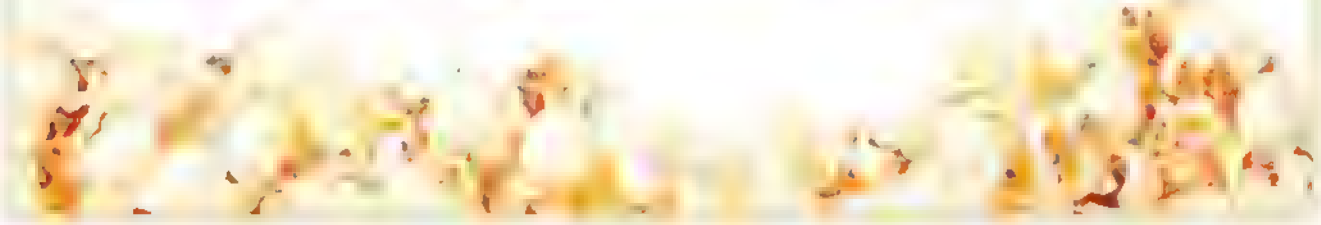
2 Once it's harvested, popcorn is air-dried until it has an ideal moisture content of about 13.5 percent. When the kernel is heated, that water turns to steam, cooking the starch until the pressure is too much for the kernel to bear (about 135 pounds per square inch), and it explodes.

3 In the late 1940s, archeologists digging in a cave in New Mexico unearthed tiny cobs of popcorn that were 5,600 years old.

4 Americans' appetite for popcorn really exploded in the late 19th century after an Illinois candy maker named Charles Cretors invented the first steam-powered popcorn popper (the handy, if heavy contraption could also roast peanuts, chestnuts, and coffee). The machine could be wheeled to fairs and carnivals, and eventually was set up outside the country's newest attractions: movie theaters.

5 The first cinemas were built as fancy "movie palaces," designed to compete with the luxury of attending live theater. Theater owners actually tried to forbid patrons from carrying in popcorn sold on the streets outside—until they saw how much money popcorn vendors were making. As the Depression hit movie theaters hard, theater owners began setting up concession stands in their lobbies with popcorn as the star attraction. Today theaters reap an eye-popping 85 percent profit off concession sales.

6 Known colloquially as "spinsters" or "old maids," unpopped kernels don't pop for one simple reason: not enough moisture inside



PHOTOS (YOGURT) STOCK.FOOD; POPCORN) SHUTTERSTOCK

# Flank Steak to Filet.

Change for the better.
Switch and you could save with GEICO.

GEICO

Some discounts, coverages, payment plans and features are not available in all states or all GEICO companies. GEICO is a registered service mark of Government Employees Insurance Company, Washington, D.C. 20076; a Berkshire Hathaway Inc. subsidiary. GEICO Gecko © 1999-2014. © 2014 GEICO.

# The COOKBOOK SHELF

**Every winter, it seems, the cookbook section of the bookstore fills up with slow cooker cookbooks. You might think to yourself, "How many ways can there BE to make beef stew?" But you'd be surprised. These three books each have something special to offer the slow-cooker enthusiast, but all work miracles to bring you a hot supper with minimum fuss.** —TSUSAN

**Cooking Slow: Recipes for Slowing Down and Cooking More,** by Andrew Schloss ***(Chronicle, $35)***

This is a slightly contrarian choice. Only one of its nine chapters focuses on slow-cooker recipes, but the eight recipes (from veteran food writer Andy Schloss) are all keepers: pulled pork, beef stew, lamb chili, baked beans. And although the other chapters don't use your favorite small appliance, they're well worth exploring: slow roasts, braises, and bakes that also let you walk away and come back to a kitchen full of deliciousness.

**365 Slow Cooker Suppers,** by Stephanie O'Dea ***(HMH, $25)***

The author of the wildly popular Crockpot365 blog gets right to the point in this new book: It's all about supper. O'Dea always strikes a good balance between "fix it and forget it"-style recipes (packaged seasonings, bouillon granules, whatever gets you there the fastest) and from-scratch recipes. Few require much prep, and the sheer variety (there are no duplicates from the blog) will amaze you.

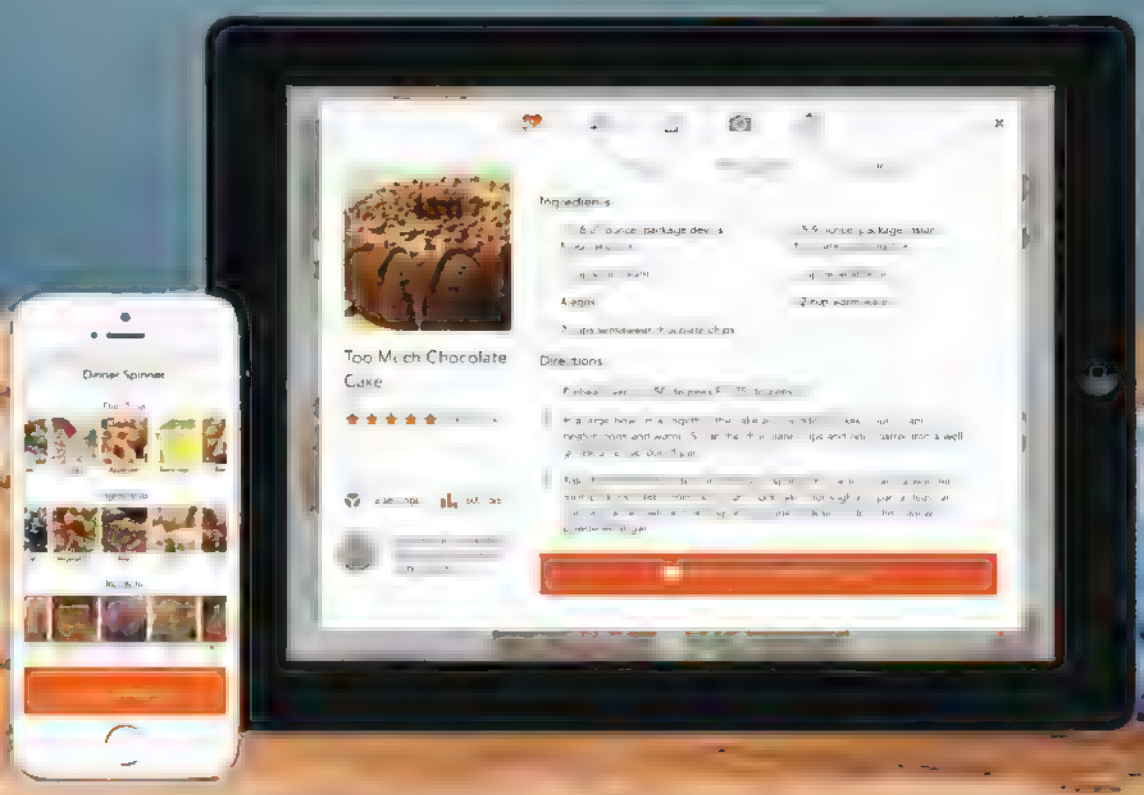
See Take it Slow on page 58.

**Slow Cooker Revolution,** by America's Test Kitchen ***(America's Test Kitchen, $27)***

Published a couple of years ago, this book remains a favorite of mine for slow cooking. Because the editors at ATK never stop tinkering, they offer a number of flavor-building shortcuts that make all kinds of sense when you're racing to fill the cooker: microwaving vegetables, using strong savory ingredients like soy sauce and liquid smoke. Sometimes the methods feel unconventional, and you may wonder, "Will this really work?" But you can't argue with the results.

ALL NEW

# Dinner Spinner




## Download Allrecipes Dinner Spinner for FREE

Available on the iPhone® and iPad® (iOS7)

App Store

Click to link to the App Store

allrecipes stir things up

Apple, the Apple logo, iPad, and iPhone are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.

# Stuffed Peppers: Indulge or Go Healthy?

There are two simple kitchen wisdoms: No two cooks are alike, and there's no one "right" way to do things. Stuffed peppers are an all-time favorite comfort food and can be changed to suit all kinds of tastes. We put two delicious recipes head-to-head: an Italian meat-stuffed pepper and a low-carb turkey-and-veggie version. Which dish fits your tastes best?

## BOLOGNESE STUFFED BELL PEPPERS

armagazine.com/bolognese_peppers

***"This Bolognese filling is spicy, meaty, and creamy. If you're in a hurry, you can serve it over pasta instead of filling the peppers—just omit the rice. (If stuffing, orzo makes a great alternative to rice.)"*** —KASM75

- **1 cup water**
- **½ cup uncooked white rice**
- **2 tablespoons olive oil, divided**
- **⅛ cup minced carrot**
- **⅛ cup minced celery**
- **½ pound ground beef**
- **¼ pound pancetta or lightly smoked bacon, diced**
- **1½ cups prepared marinara sauce**
- **¼ cup red wine**
- **½ teaspoon red pepper flakes**
- **⅓ cup heavy cream**
- **½ cup grated Parmesan cheese, divided**
- **6 bell peppers (any color), halved lengthwise and seeds removed**

*[From our kitchen: We used large bell peppers, and found there was only enough filling for 4 peppers.]*

In a saucepan, bring water to a boil. Add rice and stir. Reduce heat, cover, and simmer for 20 minutes, or until tender and fluffy.

Preheat oven to 375 degrees F.

Heat 1 tablespoon oil in a large skillet over medium-high heat. Cook carrots and celery, stirring, until tender. Add ground beef and pancetta, and cook until browned and crumbled; drain off any excess liquid and return to heat. Add marinara sauce, wine, and red pepper flakes, and simmer for 10 minutes. Stir in cream, ¼ cup Parmesan cheese, and cooked rice. Simmer 5 minutes more, or until most liquid has absorbed.

*[From our kitchen: We couldn't get enough of this stuffing! While you're at it, double the stuffing and freeze half of it for later.]*

Place peppers in a shallow baking dish and fill with beef mixture. Drizzle with remaining tablespoon olive oil and top with remaining ¼ cup Parmesan cheese.

Bake, uncovered, for 30 minutes in the preheated oven. Serve hot.

PER WHOLE-PEPPER SERVING: 361 CAL; 21 g FAT (8.1 g SAT); 15.2g PRO; 26.5 g CARB; 3.3 g FIBER; 539 mg SODIUM; 55 mg CHOL

**Pros**

- ✚ Heats up deliciously as leftovers.
- ✚ Converts non-pepper lovers into loyal fans.
- ✚ An easy-to-modify recipe—swap ground Italian sausage for ground beef and apple juice for wine.

**Cons**

- ➖ Some folks found their peppers a little too crunchy.
- ➖ A bit time-consuming to make.
- ➖ On the high side for fat per serving.

**YOU SAID**

***This was excellent! My husband loved it and couldn't stop sticking his nose in the kitchen while it was cooking. Definitely worth repeating.*** —STEPHANIE

***This is the first recipe that actually thrilled me enough to write a review. It was very good. The only thing I did differently (after reading other reviews) was to blanch the peppers and add minced garlic and minced onion with the carrots and celery. This was a great recipe!*** —KELLY

Find more stuffed pepper recipes at **armagazine.com/stuffed-peppers**

**SUBMITTED BY** KASM75
**PREP** 30 min
**COOK** 1 hr 20 min
**READY IN** 1 hr 50 min
**SERVES** 6
**RATING** ★★★★½
**193 reviews**

**SUBMITTED BY** LSMITHNY21
**PREP** 20 min
**COOK** 30 min
**READY IN** 50 min
**SERVES** 4
**RATING** ★★★★½
**321 reviews**

# STUFFED PEPPERS WITH TURKEY AND VEGETABLES

armagazine.com/stuffed-peppers

*"This is a great alternative to beef and rice stuffed peppers."* - LSMITHNY21

- **4 green bell peppers, tops removed, seeded** *[From our kitchen: We got 6 cups filling total, which was actually enough for 8 peppers.]*
- **1 pound ground turkey**
- **2 tablespoons olive oil**
- **½ onion, chopped**
- **1 cup mushrooms, sliced**
- **1 zucchini, chopped**
- **½ red bell pepper, chopped**
- **½ yellow bell pepper, chopped**
- **1 cup packed fresh spinach (about ¼ ounce), chopped**
- **1 (14.5-ounce) can diced tomatoes, drained**
- **1 tablespoon tomato paste**
- **Italian seasoning to taste**
- **Garlic powder to taste**
- **Salt and pepper to taste**

Preheat oven to 350 degrees F.

Individually wrap the green bell peppers in aluminum foil, and place in a baking dish. Bake 15 minutes in the preheated oven. *[From our kitchen: We found they needed 25 minutes to cook until they were tender.]* Remove from oven.

In a skillet over medium heat, cook the turkey until evenly brown. Transfer to a bowl. *[From our kitchen: We drained the turkey after sautéing to remove the leftover fat.]* Heat oil in the skillet, and cook onion, mushrooms, zucchini, red bell pepper, yellow bell pepper, and spinach until tender. Return turkey to the skillet. Mix in the tomatoes and tomato paste and season with Italian seasoning, garlic powder, and salt and pepper. Stuff the green peppers with the skillet mixture.

Return peppers to the oven, and continue cooking 15 minutes.

**PER WHOLE-PEPPER SERVING** 280 CAL; 15.6 g FAT (3.2 g SAT); 25.4 g PRO; 10.2 g CARB; 3.2 g FIBER; 530 mg SODIUM; 84 mg CHOL

**PROS**

- Veggie-packed stuffing is just as good over rice or pasta as it is in peppers.
- Makes for a colorful plate!
- Low in carbs per serving.

**CONS**

- Some found the stuffing bland—nothing that some jalapeños, red pepper flakes, or extra garlic powder couldn't fix.
- Pay attention to your turkey during the browning process so it doesn't dry out.
- You'll invest time chopping veggies.

**SAID**

***This was a really great recipe. It's not the best thing I've ever tasted, but it's probably the best thing I've tasted that is this healthy.*** —ARMBARANGEL

***I made this with the Easy Herb Rice also found on this site...they complemented each other perfectly. Very tasty.*** —JESSICA S.

***My husband groaned when I told him what I was making, but when he saw and tried them, he raved about how good they were (not at all a normal reaction for him!).*** —PAULA

***We liked the stuffing. It's especially nice for a gluten-free diabetic family like mine.*** —TWISTEDSISTER1

***My husband and I like these so much I make them once a week. I add any leftover veggies from the week and they always turn out great.*** —DIGY

***I microwaved the peppers for 7 minutes, stuffed them and put them in the slow cooker on low for 3 hours. Very easy.*** —HEATHER B

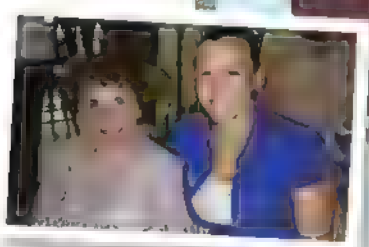
***Works well in zucchini "boats" if you don't care for peppers.*** —LISA

Find more healthy main-dish recipes at **armagazine.com/healthy-dishes**

FOOD STYLING & PROP STYLING BY CHERYL ANDERS

# Layers of Love

**Jacolyn Dandreano, Allrecipes community member, shares her Greek grandmother's baklava recipe.**



Jacolyn with her mother and sisters (right), and with Yia Yia (below).

**SUBMITTED BY** Jacolyn
**PREP** 45 min
**COOK** 50 min
**READY IN** 9 hr, 35 min (overnight)
**MAKES** 20 pieces

*Brand-new recipe! Go online to rate and review!*

I remember watching my grandmother make her baklava like it was yesterday. Careful to not tear the fragile phyllo dough, she'd meticulously layer every delicate sheet in the gentlest (yet somehow quick) way. Looking back, I realize the way she worked was a reflection of how she was as a mother and grandmother—every motion was deliberate and thoughtful.

Passed down for generations before her, Yia Yia (Greek for "grandmother") made baklava so many times she knew the recipe by heart. While she worked, she would share stories about my dad and his siblings when they were growing up. I watched and listened, draped in one of her cozy crocheted blankets (she would always start baking in the morning, when it was still chilly), waiting patiently for the moment when I was finally allowed to eat the buttered phyllo scraps ("the paper" as I called it).

Years later, when I was old enough to be helpful in the kitchen, my mother taught me how to make the beloved family recipe, step by step. But it wasn't until I was in my early 20s, newly

## YIA YIA'S BAKLAVA

armagaz.ne.com/baklava

*"This traditional, delicious baklava has layers of tender phyllo dough with a walnut filling, and is coated in a spiced syrup."* – JACOLYN

**FOR SYRUP**
- **2 cups water**
- **2 cups sugar**
- **4 whole cloves**
- **½ cinnamon stick**
- **1 lemon, juiced** *[From our kitchen: We found the syrup on the watery side during testing, so made some changes to thicken it up: Reduce water to 1¼ cups, reduce sugar to 1½ cups, and reduce the lemon juice to 2 tablespoons.]*

**FOR FILLING**
- **1 pound finely chopped walnuts**
- **1 cup sugar**
- **2 tablespoons ground cinnamon**
- **½ teaspoon ground nutmeg**

**FOR PASTRY**
- **20 sheets (½-pound package) phyllo dough, thawed**
- **¾ cup (1½ sticks) unsalted butter, melted**

Continued on page 22

FOOD PHOTOGRAPHS BY KARLA CONRAD

McCormick

Live deliciously™

# FLAVOR THEY'LL FALL in love with.

## McCormick® Red Velvet Brownie Conversation Hearts

[illegible] brownie with heart
[illegible] wire rack set over baking sheet
[illegible] McCormick Red
[illegible]te Vanilla Extract
[illegible] Assorted Food Color &

Choosing our rich, distinctive McCormick Pure Vanilla Extract will ensure your treats are most loved this Valentine's Day. Visit mccormick.com and facebook.com/mccormickspice for flavorful Valentine's Day ideas.

married and generally insecure about my baking abilities, that I attempted it all by myself. I needed to make a dish for my church's annual women's Christmas gala and I figured baklava was probably going to be my best shot at a crowd-pleasing dessert, nervous as I was. The years of watching Yia Yia transform sheets of phyllo dough into a buttery-layered piece of heaven paid off: the recipe was a hit everyone who tried it raved about it.

To this day, when I meticulously layer each buttery layer of phyllo, I can't help but be transported back to Yia Yia's kitchen and those special times we shared together. —JACOLYN

This buttery layered baklava keeps well at room temperature, so it's great for parties or gift-giving.

**To make syrup:** Stir together water, sugar, cloves, cinnamon stick, and half of lemon juice in a saucepan. *[From our kitchen: see our note about reducing water, sugar, and lemon juice.]* Bring to a boil, reduce heat to low, and simmer until a syrup consistency is reached, about 15 minutes. *[From our kitchen: With the reduced amounts of syrup ingredients, we only needed 5 minutes of simmering to thicken.]* Stir remaining lemon juice into syrup. *[From our kitchen: see our note about reducing lemon juice.]* Strain and refrigerate until cool, at least 30 minutes.

**To make filling:** Stir together walnuts, sugar, cinnamon, and nutmeg in a bowl.

Preheat oven to 350 degrees F. Brush butter on the bottom and sides of a 9x13-inch glass baking dish.

**To assemble layers:** Lay the phyllo dough out on a clean, dry surface and cover it with plastic wrap. Cover the plastic wrap with a damp towel.

Lay 1 sheet of phyllo dough in prepared baking dish and lightly brush with some butter. *[From our kitchen: We found that brushing the phyllo sheets made them a bit soggy, so we lightly drizzled the butter between the layers of phyllo instead, using the pastry brush to do it; it's also a lot less work!]* Lay another sheet of phyllo on top, and brush with butter. Repeat layering and buttering with 4 more sheets of phyllo.

Gently spread one-third of the walnut mixture in an even layer over the phyllo in the baking dish. Place a sheet of phyllo dough over the walnut mixture and brush it with butter. Repeat layering and buttering with 3 more sheets of phyllo.

Spread another third of the walnut mixture in an even layer over the phyllo in the baking dish. Place a sheet of phyllo over the walnut mixture and brush it with butter. Repeat layering and buttering with 3 more sheets of phyllo.

Spread the remaining third of walnut mixture in an even layer over the phyllo in the baking dish. Place a sheet of phyllo over the walnut mixture and brush it with butter. Repeat layering and buttering with the remaining 5 sheets of phyllo. Cut baklava into 1-inch diamonds.

Bake in the preheated oven until lightly golden brown, 35 to 45 minutes.

Pour cooled syrup over baked baklava and cool for 8 hours to absorb syrup. *[From our kitchen: Once we reduced the syrup ingredients, the baklava absorbed the syrup after just 30 minutes; you don't have to wait overnight.]*

**PER 1-PIECE SERVING** 386 CAL; 22.9 g FAT (6.1 g SAT); 4.9 g PRO; 44 g CARB; 2.4 g FIBER; 95 mg SODIUM; 18 mg CHOL

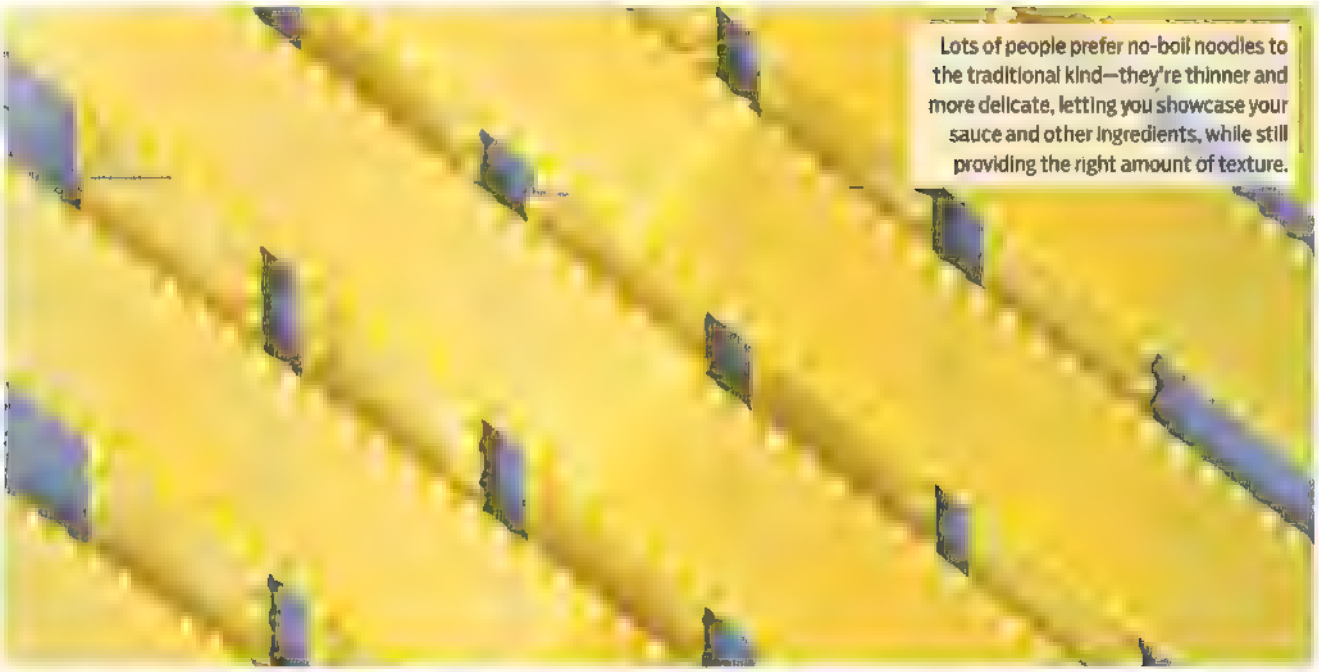
Rebuilding Together.

# Community Starts at Home

## YOU CAN HELP

Donate • Advocate • Volunteer

Go to RebuildingTogether.org



Lots of people prefer no-boil noodles to the traditional kind—they're thinner and more delicate, letting you showcase your sauce and other ingredients, while still providing the right amount of texture.

Save time

# Pasta Power

## What's the deal with **no-boil noodles**?

**Boiling lasagna noodles has to be one of the most annoying chores there is. In the pot, they clump together. Drained, they slither and tear. And afterwards you have to wash a huge, sticky pot. Might as well just get takeout...**

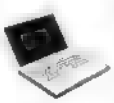
That's why we love no-boil lasagna noodles. All you have to do is open the box, layer the sheets with the sauce, and stick the baking dish into the oven. Four minutes instead of 20? We'll take it! Twenty percent of American pasta consumers agree with us, and the figure is growing all the time.

Both traditional and no-boil noodles are made from water and semolina, but the no-boilers are partially cooked in a water bath before being dried and packaged. To help them rehydrate quickly, they're also rolled out much thinner than the traditional kind. The lasagna's sauce and other ingredients contribute the rest of the moisture they need to soften and expand. Some cooks suggest that soaking the noodles before using them will prevent dry spots from appearing in the finished dish. You can if you want to, but you really don't need this step. As long as you're careful to cover the entire surface of each noodle with sauce, they'll be fine.

Now, speaking of sauce. As a rule, no-boilers require a little more liquid in the sauce than the traditional ones. Otherwise, they may absorb so much moisture that the sauce ends up too thick. Unfortunately, this rule isn't hard and fast. Using extra sauce also works; so does adding more vegetables, especially ones with high water content (like spinach, mushrooms, broccoli, and broccoli rabe). And some sauces are liquid enough that they need no change at all. Since making a bad lasagna wastes even more time than using traditional noodles, it's best to take your cues from recipes specifically designed for the no-boil kind. The instructions on the box will be your best guide as to whether your usual recipe needs tweaking. You'll also need to follow directions about how to position the pasta in your pan, since this varies by brand. And always coat the bottom of the baking dish with several tablespoons of sauce.

Let's say you want to make lasagna this very second, and all you have in the house is a box of traditional noodles. Can you convert them into no-boilers? Kind of. Make sure to cover the bottom of the pan with sauce, and add more liquid to the sauce recipe—as much as two extra cups—or use more sauce than the original recipe calls for. But, be warned, this is not an exact science, and it won't produce consistent results. The lasagna may turn out gummy and starchy, and the pasta will definitely be more noticeable, which is not necessarily a good thing.

Purists will remind you that fresh pasta sheets work even better for lasagna—and they're right. Fresh pasta sheets will also save just as much time as no-boil noodles. They're not yet widely available, although that's likely to change (Whole Foods Market carries them, for example, but that's the only place near me that does). For now the no-boilers are a lasagna maker's best friend. —ANNHOO



You know what's another smart way to save time? Use the Allrecipes.com Shopping List! It'll keep you organized at the supermarket and help you plan meals ahead of time. Check it out at armagazine.com/shopping-list

PHOTO: SHERI GIBNEY; FOOD STYLING: PAUL GRAM-S

# Taste the Real Difference

## Real Taste Comes from Real Vegetables

To learn about all of our delicious sauce varieties, please visit Barilla.com

Barilla

THE CHOICE OF ITALY

©2014 Barilla America, Product of USA

## If you want only the best kitchen equipment, but don't want to pay the high-end prices, read on...

A few months ago I wrote an article for this magazine about pressure cookers, and needed to buy one for research. (This is also why I buy many kinds of candy. FYI.) Now, some people might fret about this investment—what if you don't like it once you've tried it? You're stuck with a large piece of kitchen equipment for life. But, as I always do in these situations, I turned to eBay. Within a minute, I had found a secondhand pressure cooker that I bought for $60—half what a new model would have been. It was moderately scuffed, and it hadn't been impeccably cleaned, but it worked.

The deal took 20 minutes rather than the hour-plus that I would have spent driving to a store and comparing models. Although the seller didn't allow returns (lots of them don't), he had a good record, the photos of the cooker were clear and close up, and the price was comparable to similar models on eBay. I ended up loving the pressure cooker—I've easily gotten 60 bucks' worth out of it.

To some people, the thought of buying used stuff online is a little...grimy. I think that's impractical and also wasteful, not only of money but of resources. Buying secondhand kitchen equipment—secondhand anything!—is a great way to recycle. A well-washed used pressure cooker has no more germs than a new one. After a week or so, even the shiniest new object loses some of its shine. Besides, a lot of the kitchen equipment you can find on eBay is brand-new.

Some eBay offerings are sold only at auction, but many have a fixed price. Since I'm not into the whole pulse-pounding nature of bidding wars, I always buy at the fixed "Buy It Now" price. Here are a few "Buy It Now" kitchen offerings on eBay as I write this:

- A "gently-used" 4.5-quart Le Creuset Dutch oven (and lid) for $71.99. A comparable new one: $250.
- A new PowerPrep Plus® Cuisinart 14-Cup Food Processor for $145, with free shipping. That's a discontinued model, but the most recent 14-cup Cuisinart costs from $179 to $299.
- A refurbished KitchenAid® 6-quart "Nickel Pearl" Stand Mixer for $299, also with free shipping. A comparable new model: $449.

"Refurbished" means that an item's manufacturer, or a "manufacturer-approved vendor," has inspected, cleaned, and repaired the item, which is now in excellent condition. Although I've never been burned on a refurbished item, my daughter claims that the refurb'd mixer she bought on eBay is louder than it should be. I don't agree, all stand-mixers are loud. And she did get it for $200 less than a new one would have been. Two hundred dollars buys a lot of earplugs.

If you've always wanted a better piece of equipment than you'd be able to afford new, eBay is a great hunting ground. Don't walk in blind, though! Read the seller's reviews—and eBay's own rules, if you're not familiar with them. Check the shipping cost, which is part of the purchase price even if it feels like a separate transaction. (Often, buyers don't notice exorbitant shipping fees until they've already committed to the purchase.) Most important, try not to be impetuous. Don't buy something you only half-like just because it's cheap. If you keep checking the listings, the object you really want will become available at some point.

And if you don't like it, you can always sell it on eBay. —ANNIE

PHOTOS: PETER AR JETO

"Let's build a guest house
so your mother can visit more."
Bake & You Shall Receive
DIAMOND

# YOUR HEART'S DESIRE

*Let's be honest: We all love shopping for fun kitchen gear, and there's no better excuse than a holiday to treat yourself to some specialty items. We're sure at least a couple of these will get your heart beating faster!*

*Dishes that speak the language of love. Ceramic Letter Dishes, $10 each at ivylanedesign.com*

*Make lip-smacking cookies with these cutters. Polyresin Valentine 7-Piece Color Set (there are also cupids, hearts, and more), $10 at randm.us*

Get this cookie recipe at armagazine.com/rolled-out-sugar-cookies and the frosting recipe at armagazine.com/royal-icing

*We "heart" these sprinkles! Quins Valentine Hearts, $4 at fancyflours.com*

*Elaborate decorating not your thing? Keep it simple with these Valentine's Day Cupcake Toppers. Free downloads at sallyjshim.com*

Get this cupcake recipe at armagazine.com/vanilla-cupcake and the frosting at armagazine.com/butter-frosting

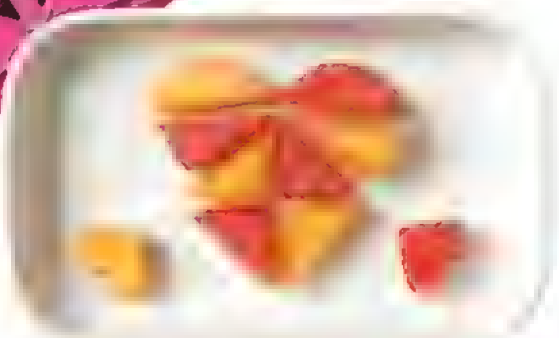
*Make your next recipe with a heaping scoop of love. Hearts Melamine Measuring Cups, $6 at worldmarket.com*

Get the cake and frosting recipe (below) at armagazine.com/red-velvet-cake and the filling recipe at armagazine.com/raspberry-white-chocolate-mousse

***With Wilton's cool kit, you don't have to be a cake boss to pull off this hidden-heart cake. Heart Tasty-Fill Cake Pan Set, $18 at wilton.com***

*Natural attraction: honey-infused heart-shaped jelly beans. Cherry Sweethearts, $7 for a 4-ounce box, sugarfina.com*

*Show the kids your love by turning their snacks into a heart puzzle. FunBites Pink Hearts Food Cutter, $16 at casa.com*

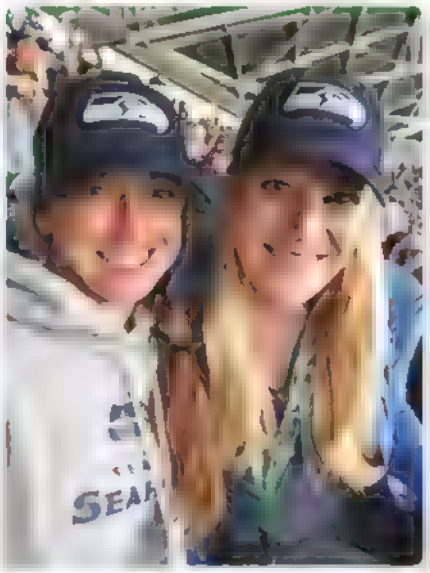


Blipp this page to instantly see and buy any of these products—and to get the recipes, too! (Blipp details on page 4.)

# Here's Lookin' at You!

P le High Stadium, bu t by the A recipes.com video team: 5 hours, 200 sandwiches, 10 party-size bags of ch ps, and Slim J m goal posts. One hour to be devoured by staff. (Watch it being built: armagazine.com/snack-stadium)

Submitted by MICHAEL KETCHUM



Go Seahawks!

Submitted by HOSTELWITNESS

My cheese ball s so good people ask me for custom orders!

Submitted by MIS7UP

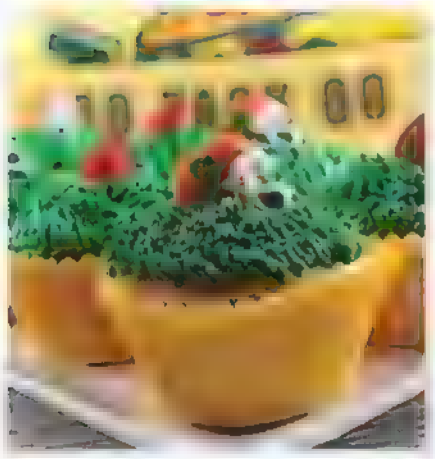
it's not Super Bow w thout wings—the hotter the better.

Submitted by MSFREETOFLY

Co d weather + sports = quick and easy ki ler chili

Submitted by SHAUNAB

FROM THESE SHOTS, IT'S CLEAR YOU TAKE GAME DAY SERIOUSLY, AND THAT YOUR SPORTS FANS ARE WELL-FED!



The Cheeseheads love their Packers!

Submitted by:
NAPLES34102

A sandwich that will sustain you through hours of TV.

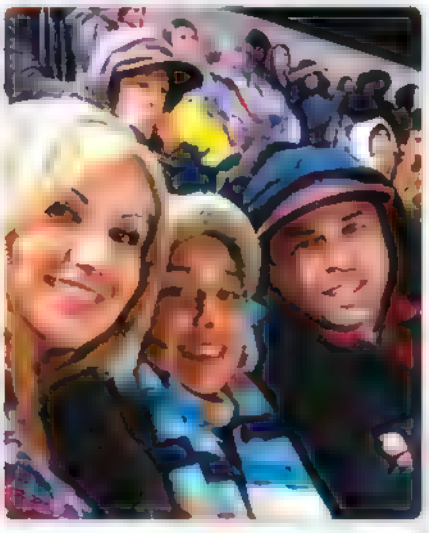
Submitted by:
BHOFF

Awesome fresh guac, for dippin' or burrito bowls (yum...)

Submitted by
KURIOSKURION

Potato skins and slow-cooker Texas pulled pork—football food!

Submitted by:
JENN



The cold can't keep us away from the game...

Submitted by:
SAKAHINPB

Like sub sandwiches on a skewer—meatballs and bread-stick dough!

Submitted by
MICHELLE

To see more photos from the Allrecipes community, follow us on Pinterest!

# SUPER BOWL,

A lot of us Allrecipeeps like the *idea* of entertaining, but the time and effort involved in hosting a big gang is no joke—especially when it's a crew of hungry sports fans. That's why we came up with a game-day buffet that can be completely made ahead (well, almost: you'll just have to bake the garlic bread, but you can handle that). Plenty of dips, two hearty chilies with salad and garlic bread, and sporty sweets. You're going to be able to actually watch the game *and* feel confident everyone is well-fed and satisfied. So who just scored? YOU!

SUPER EASY

allrecipes
5 STAR RATING

## SOUTHERN PIMENTO CHEESE

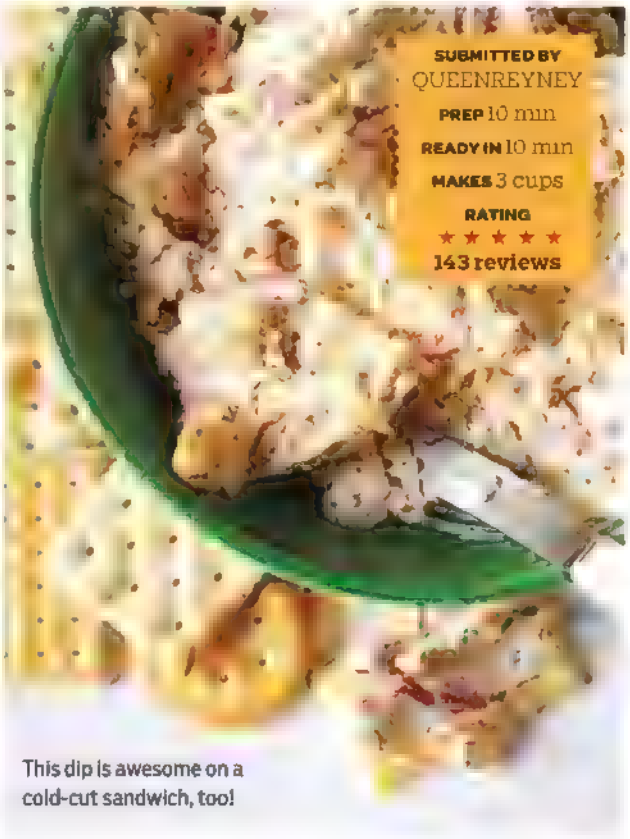
armagazine.com/pimento-cheese

*"This wonderful version of pimento cheese can be used for grilled cheese sandwiches, as a spread for crackers, or served alongside your favorite fried green tomatoes."*
— QUEENREYNEY

- **2 cups shredded extra-sharp cheddar cheese**
- **8 ounces cream cheese, softened**
- **½ cup mayonnaise**
- **¼ teaspoon garlic powder**
- **¼ teaspoon ground cayenne pepper (optional)**
- **¼ teaspoon onion powder**
- **1 jalapeño pepper, seeded and minced (optional)**
- **1 (4-ounce) jar diced pimento, drained**
- **Salt and black pepper to taste**

Place the cheddar cheese, cream cheese, mayonnaise, garlic powder, cayenne pepper, onion powder, minced jalapeño (if using), and pimento into the large bowl of a stand mixer. *[From our kitchen: For what it's worth, we used both the cayenne and jalapeño, and it wasn't too spicy at all!]* Beat at medium speed, with paddle if possible, until thoroughly combined. Season with salt and black pepper.

**PER ¼-CUP SERVING** 208 CAL, 19.9 g FAT (8.8 g SAT); 6.3 g PRO; 2.1 CARB, 0.2 g FIBER; 261 mg SODIUM; 44 mg CHOL




This dip is awesome on a cold-cut sandwich, too!

*I'm usually not a big fan of pimento cheese, but this is the bomb! It's nothing like the stuff you buy from the grocery stores!* LADY MCNEESE

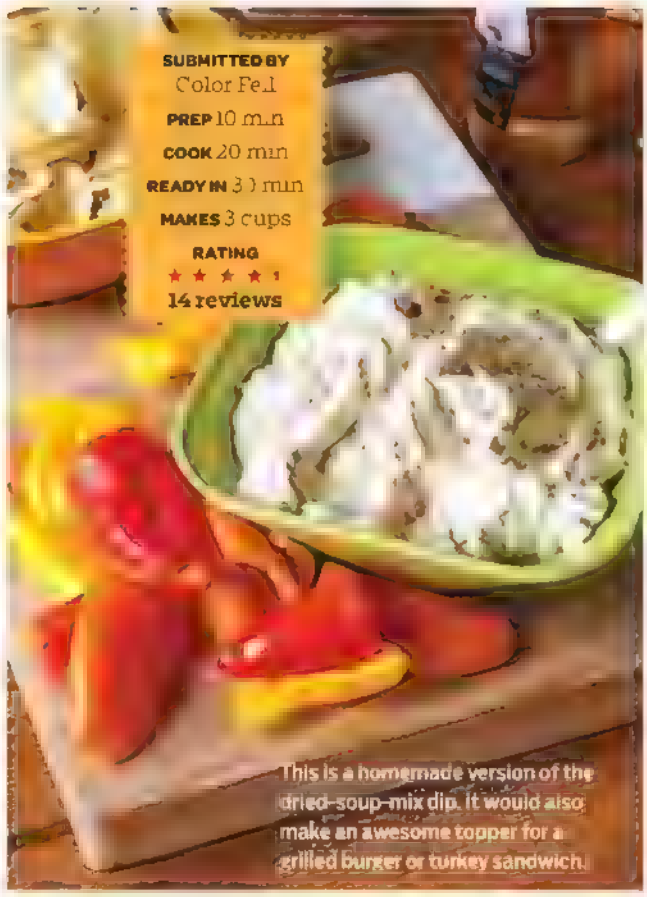
PHOTOGRAPHS SHOT BY IN FOOD STYLING BY PROP STYLING BY ART DIRECTION BY ISTOCK SHUTTERSTOCK

SAID

*I increased the cayenne just a little for a longer finish, added a tad of dry mustard, and some Worcestershire sauce in the spirit of beer-cheese soup. This recipe didn't need it from my tasting but I take the spice up on everything. Time to give it to the troops to try.* —YAKATY

*If I could give this 10 stars, I would! After eating the store-bought all my life, I knew there had to be something better than that. I found a guy at a farmer's market who sells it homemade but he was charging $8 for a tiny container. After much griping from the hubby about spending that much on pimento cheese every week, I finally decided to try it myself & I am so glad I did. This blows farmer's market guy out of the water. I just used a hand mixer to mix the cream cheese, mayo & spices, and folded in the grated cheese, jalapeño, & pimentos so it would maintain a chunky texture.* —BOXERMOM

*The flavor is great! My only problem was when I mixed everything together, it seemed like the result was rather white from the cream cheese and mayo. I added another entire 8-ounce bag of shredded cheese and now it's yellow and delicious, like pimento cheese you're accustomed to seeing.* —NEMAT



This is a homemade version of the dried-soup-mix dip. It would also make an awesome topper for a grilled burger or turkey sandwich.

Hidden Gem

## FINGER LICKIN' ONION DIP

armagazine.com/onion-dip

*"This is the ultimate recipe for a low-sodium, rich, savory, tangy, and slightly sweet onion dip."* –COLOR FELL

- **2½ tablespoons extra-virgin olive oil**
- **1 tablespoon unsalted butter**
- **1 large yellow onion, halved and sliced thin (3 cups)**
- **½ teaspoon salt, or more to taste** *[From our kitchen: This dip tastes best with 1 teaspoon of salt total, but it's fine at ½ tsp if you're watching your sodium intake.]*
- **1 teaspoon black pepper**
- **1 teaspoon dried basil**
- **1 teaspoon paprika**
- **1 teaspoon dried tarragon**
- **1 pinch brown sugar (optional)**
- **1½ ounces fresh goat cheese, crumbled**
- **2½ cups sour cream**

1. Heat the olive oil with the butter in a skillet over medium-high heat, cook the onion in the butter and oil until translucent about 10 minutes. Stir in salt, pepper, basil, paprika, tarragon, and brown sugar. Reduce heat to medium; cook and stir until the onions have softened and caramelized, about 10 minutes more. Remove from heat and set aside to cool.
2. Mix the goat cheese and sour cream in a bowl; stir the onions into the mixture. *[From our kitchen: The goat cheese flavor is very mild in this dip, you would hardly know it's in there!]*

**PER 2-TABLESPOON SERVING** 78 CAL, 7.5 g FAT (4 g SAT), 1.3 g PRO, 1.9 CARB, 0.2 g FIBER, 71 mg SODIUM, 13 mg CHOL

SAID

*I recommend dicing the onions 'cause it was a little hard to eat with the long slices of onion.* —VANESSA

*I added a little cumin for a smokey flavor in the background. Everyone loved it.* —DENISE W

*This is delicious! It's so much better than buying onion dip in the store. I added more spices to mine because it seemed just a bit bland, and I used only 2 tablespoons olive oil, which was plenty.* —SUNSETPARKN

*This is really good! I am having a "chip and dip" bar at my wedding, and I wanted an onion dip that was fancier than what you usually see. This fit the bill perfectly! I made it to take to a wine party and it was well received! My friends were dipping EVERYTHING in this, including sausage!* —SARA

TRIVIA

**Super Bowl Commercial Bingo:** Create or buy bingo cards (each card must be different; you can download blank ones at holidaycentral.com). You play the game like traditional bingo, but instead of numbers, the squares contain things you'll see in commercials during the Super Bowl. Some suggestions include: pizza-delivery guy, soda commercial, movie trailer, GPS commercial, car-insurance commercial, snack-chip commercial, talking dogs or lizards, Bud, Coors, or Miller commercial, website commercial, smartphone, etc. Get any five squares in a row, and bingo!

SUBMITTED BY
MARBALET
**PREP** 10 min
**READY IN** 10 min
**MAKES** 2 cups
**RATING**
★ ★ ★ ★ ½
215 reviews

## EASY ROASTED RED PEPPER HUMMUS

armagazine.com/red_pepper_hummus

*"This hummus can be made a day ahead. Keep it refrigerated, and bring to room temperature before serving. Tahini is a paste made from sesame seeds and can be found in many grocery stores."* — MARBALET

- **2 cloves garlic, minced**
- **1 (15- to 16-ounce) can garbanzo beans, drained**
- **⅓ cup tahini**
- **⅓ cup lemon juice**
- **½ cup roasted red peppers**
- **¼ teaspoon dried basil**
  *[From our kitchen: You could replace the basil with cumin, smoked paprika, ground chipotle pepper, or curry powder.]*
- **Salt and black pepper to taste**

In a food processor, combine garlic, garbanzo beans, tahini, and lemon juice. Process until the mixture is smooth. Add roasted peppers and basil, and pulse until the peppers are finely chopped. Season with salt and pepper. Transfer hummus to small bowl, cover and chill until you are ready to serve.

**PER ¼-CUP SERVING** 111 CAL; 6.7 g FAT (0.9 g SAT); 3.9 g PRO; 11 CARB; 2.7 g FIBER; 227 mg SODIUM; 0 mg CHOL

*Wow! I usually HATE hummus, but keep trying because it's SO good for you!! This recipe was excellent and easy! (Found the tahini next to the peanut butter, btw.)* CONNIE

SAID

*I love the tip I read on this site to put the chickpeas in a bowl of water to remove the outer skins. It worked like a charm and made the hummus wonderfully creamy. One-third cup lemon juice would have been too much—I used the juice from a quarter of a fresh lemon, about 1½ tablespoons, and that was plenty for us.* —WISWEETP

*I didn't have tahini so I toasted some sesame seeds and crushed between two spoons. I also added a little olive oil to make it smoother as my sister had said she didn't like the texture. I had her try it and she ate most of it! Guess we fixed the "texture" issue!* —BCHILDS

*This is really good but definitely needed an extra punch to it for me and my husband. We like spicy. First time I made it, I added red pepper flakes, cayenne, 3 cloves of garlic and a dash of hot sauce. YUM. Second time I added a fresh jalapeño, double YUM! It's a very good base recipe to add what you want to it.* —THISOURLILUVSZCOOK

TEAM SPIRIT

**We Have a Winner:** Video guru Chef John has his own special no-fail method for predicting the Super Bowl winner...and it involves the bones from chicken wings. Check it out, the guys are gonna love this one: armagazine.com/we-have-a-winner

## SEVEN LAYER DIP II

armagazine.com/seven-layer-d.p

*"Refried beans are layered with guacamole, seasoned sour cream, veggies, and cheese. It's perfect for dipping tortilla chips! The dip traditionally takes less time to disappear into bellies than it does to prepare."* —DINAH

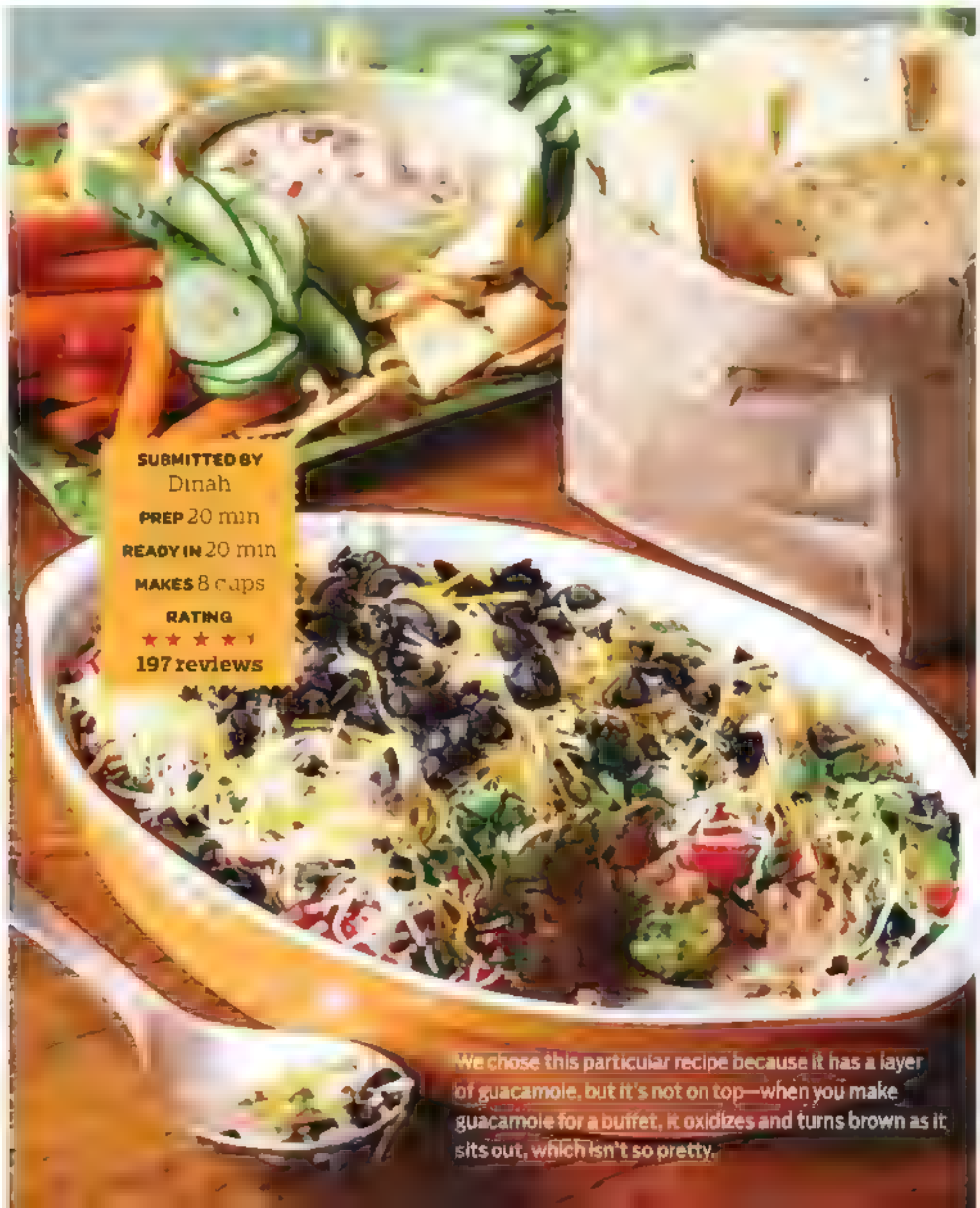
- **2 avocados, peeled, pitted, and diced**
- **1½ tablespoons fresh lime juice**
- **¼ cup chopped fresh cilantro (about ¼ ounce)**
- **¼ cup salsa** *[From our kitchen: We recommend salsa verde to mix into the guacamole, to maintain a bright green color.]*
- **Garlic salt to taste**
- **Ground black pepper to taste**
- **1 (8-ounce) container sour cream**
- **1 (1-ounce) package taco seasoning mix**
- **1 (16-ounce) can refried beans**
- **4 roma (plum) tomatoes, diced**
- **1 bunch green onions, finely chopped**
- **2 cups shredded Mexican-style cheese blend**
- **1 (2.25-ounce) can black olives, drained and finely chopped**

In a medium bowl, mash the avocados. Mix in lime juice, cilantro, salsa, garlic salt, and pepper.

In a small bowl, blend the sour cream and taco seasoning.

In a 9x13-inch baking dish or on a serving platter, spread the refried beans. Top with sour cream mixture. Spread on guacamole. Top with tomatoes, green onions, Mexican-style cheese blend, and black olives.

PER 2-TABLESPOON SERVING 42 CAL, 2.9 g FAT (1.4 g SAT), 1.5 g PRO; 2.8 CARB; 1 g FIBER; 92 mg SODIUM; 5 mg CHOL



SUBMITTED BY Dinah
PREP 20 min
READY IN 20 min
MAKES 8 cups
RATING ★★★★½
197 reviews

We chose this particular recipe because it has a layer of guacamole, but it's not on top—when you make guacamole for a buffet, it oxidizes and turns brown as it sits out, which isn't so pretty.

### Well Said

*I made this for a group of guys, who loved it! The most time-consuming thing was making the guacamole. Next time I'm just going to buy the guacamole pre-made, as the taste is somewhat overshadowed by the other ingredients anyway.* —MEAGHAN B.

*I made lean ground beef, seasoned with half of the taco seasoning packet and then mixed it in with the beans before layering. Turned out pretty good.* —LAMAHA

*LOVE this dip! It is always a big hit and never any left over! We like it spicy, so I use "hot" taco seasoning and spice up the guacamole a bit. After initial review and several dips later we tried throwing the leftovers on chicken fajitas and it was AWESOME!* —MARLEY_MOM

*Excellent, definite party-pleaser. I also added a layer of shredded lettuce before putting the cheese and tomatoes on top. I added half a package of cream cheese to it also.* —BEVINK

*I love this recipe. I have given out six copies of it so far. I just saw it last week and have made it three times. Once for a b-day party, once for a house warming, and once for myself because I realized that it was so good and I gave it all away.* —POLSARA

SUBMITTED BY
LONBINDER
PREP 1 hr, 15 min
COOK 3 hr, 30 min
READY IN 4 hr, 30 min
SERVES 12 (makes 6 quarts)
RATING
93 reviews

SUBMITTED BY
Nancy Friskey
PREP 15 min
COOK 40 min
SERVES 6 (makes 8¾ cups)
RATING
112 reviews

allrecipes
5-STAR RATING

## FUSION CHILI

armagazine.com/fusion-chili

*"A true fusion of 'Tex' and 'Mex' style chili. I've made this recipe dozens of times, and it is great. Each bite slowly delivers a sweet flavor followed by dry heat afterwards. It takes a while to prepare, but well worth it. You can use any type of beans you like, and try different dried chile varieties."* —LONBINDER

- **10 dried ancho chiles, chopped, stemmed and seeded** *[From our kitchen: While we're not shy about spice, we recommend reducing amount of ancho chiles to 8.]*
- **½ cup water** *[From our kitchen: Increase water for soaking chiles to 1 cup for better blending and to balance spice.]*
- **¼ cup white wine vinegar** *[From our kitchen: Increase the vinegar to ½ cup for better blending and to balance spice.]*
- **3 pounds sweet or hot Italian sausage, casings removed**
- **3 pounds ground beef**
- **1 white onion, diced**
- **1 red onion, diced**
- **1 sweet onion, diced**
- **1 cup diced celery**
- **1 cup diced carrots**
- **10 cloves garlic, coarsely chopped**
- **1 teaspoon salt**
- **1 teaspoon black pepper**
- **1 (6-ounce) can tomato paste**
- **1 cup dry red wine**
- **4 (14.5-ounce) cans diced tomatoes**
- **¼ cup Worcestershire sauce**
- **¼ cup hot pepper sauce**
- **1 tablespoon chili powder**
- **2 teaspoons ground cumin**
- **1 tablespoon chopped fresh parsley**
- **½ cup honey** *[From our kitchen: The honey balances out the heat of the chipotles—start with a ¼ cup if you're concerned about sweetness, but don't eliminate it altogether!]*
- **1 (16-ounce) can kidney beans, drained**
- **1 (16-ounce) can pinto beans, drained**

In a small bowl, soak chiles in water and vinegar for 30 minutes. After soaking, purée in a blender or food processor until smooth, about 5 minutes. Set aside.

Place sausage and ground beef in a large, deep skillet. Cook over medium high heat until evenly brown. Remove meat from pan, and set aside. In a large (8-quart) pot, heat 3 to 4 tablespoons of the meat drippings over medium heat. *[From our kitchen: We recommend toasting the chili powder, cumin, and parsley here, before you add the veggies to the skillet, to release their flavor—just toss them in and cook, stirring, until fragrant, about 30 seconds.]* Sauté white onion, red onion, sweet onion, celery, carrots and garlic until onions are soft and translucent. Stir in salt and black pepper. Stir in tomato paste, and allow to caramelize. Pour in wine to deglaze the pot, scraping up any bits stuck to the bottom.

Stir in cooked meat, tomatoes, Worcestershire sauce, and hot pepper sauce. Season with chili powder, cumin, and parsley. Bring to a boil, then stir in blended chile mixture and honey. Gently mix in kidney beans and pinto beans without breaking them. Cover, and simmer for 3 hours. Stir and scrape the bottom every hour or so. *[From our kitchen: We recommend adding the honey at the very end of the cooking time 20 to 30 minutes before it's done cooking—when a sugar cooks for hours at a time, you risk a burnt finished product!]*

**PER 2-CUP SERVING** 977 CAL, 67.7 g FAT (25 g SAT), 43.2 g PRO; 45.4 CARB; 10 g FIBER; 1735 mg SODIUM; 183 mg CHOL

*I loved this chili—so did my daughter, who does not like chili. There are so many flavors that develop while you eat it. If I owned a restaurant, this is the chili I would serve!* —SCIWIZPC

## WHITE CHILI II

armagazine.com/white-chil

*"This recipe can be made in a slow cooker, or on the stove top. White-corn chips and shredded Jack cheese complete the meal. This is a nice low-fat meal."* – NANCY FRISKEY

- **1 tablespoon olive oil**
- **1½ pounds skinless, boneless chicken breast halves, cut into 1-inch cubes**
- **1 bunch green onions, thinly sliced**
- **1 red bell pepper, chopped**
- **1 yellow bell pepper, chopped**
- **4 fresh jalapeño peppers, seeded and minced**
- **1 clove garlic, minced**
- **½ teaspoon ground ginger**
- **½ teaspoon salt**
- **½ teaspoon dried sage**
- **½ teaspoon ground cumin**
- **½ teaspoon ground white pepper**
- **3 tablespoons butter**
- **¼ cup all-purpose flour**
- **2 cups chicken broth**
- **2 (15- to 16-ounce) cans great Northern beans, undrained**

In a large, straight-sided skillet heat olive oil over medium heat *[From our kitchen: If you don't have a straight-sided skillet, we recommend using a Dutch oven so you have enough room to maneuver.]* Add chicken, and sauté until cooked through, about 3 minutes. Remove the chicken from the pan *[From our kitchen: We recommend toasting the ginger, salt, sage, cumin, and white pepper here, before you add the veggies to the skillet, to release their flavor—just toss them in and cook, stirring, until fragrant, about 30 seconds.]*

Sauté the green onion, red and yellow bell pepper, jalapeños, and garlic in the same skillet for 3 minutes. Return the chicken to skillet along with the ginger, salt, sage, cumin, and white pepper. Mix thoroughly.

In a separate small saucepan or skillet, melt butter over medium heat. Stir in flour to make a roux. *[From our kitchen: Cook the roux 3 to 4 minutes before adding the broth, stirring constantly, so you don't end up with a "raw" flour taste.]* Add the chicken broth in a stream, whisking, then bring to a simmer whisking, and simmer 2 to 3 minutes. Stir this mixture into the sautéed chicken and vegetables.

Stir in the beans with can liquid, and simmer all over low heat for 15 to 20 minutes, or until cooked and heated through.

**PER 1½-CUP SERVING** 396 CAL, 10.3 g FAT (4.5 g SAT), 37.9 g PRO; 38.4 CARB; 8.6 g FIBER; 322 mg SODIUM, 81 mg CHOL

TEAM SPIRIT

**Super Bowl Guessing Game:** Before the game begins, hand out sheets of paper with questions about what'll happen during the Super Bowl. Have players write down their guesses and hand them in. After the game, see which player got the most right. (Maybe they win chili or brownies to take home!) Some sample questions:

1. Which player will be the MVP?
2. Will the singer of the national anthem perform live or lip-sync?
3. Which team will have the most interceptions?
4. What will be the final score? Over/under?
5. Which player will score the most points?
6. How many commercials will there be?
7. How many beer commercials will air?
8. How many total yards will be accumulated?

YOU SAID

***I made this chili for my family on Super Bowl Sunday and what a hit! Tastes even better the second day! Make a full batch because you'll want to be eating this for dinner the rest of the week!*** —KATIE

***The ingredient list was intimidating and preparing the chiles was something I'd never done before, but it wasn't difficult and the result was wonderful.*** —RICK JANSSEN

***LOVE LOVE LOVE IT! The last two times I've made it, I've used ground pork sausage instead of the Italian sausage and used about 2 medium-sized cans of tomato sauce along with the diced tomatoes the recipe called for; it was absolutely delicious.*** —NITA ABNER

***I couldn't find some ingredients, so instead of ancho chiles, I used canned chipotle peppers. I also used beer to deglaze the pan instead of wine; I agree with the other user who said wine has no business in chili =) I plan on making this again for football Sunday, but this time I am armed with the ancho chiles and am excited about how it's going to turn out!*** —FALLINROSE

YOU SAID

***I don't like things super spicy, but 4 seedless jalapeños were just right. I like to serve white chili over Fritos—that's how it was served to me the first time I ever had it, and I liked it so much that I have always done it that way!*** —BELLE4397

***I added yellow corn for some sweetness and also some Vidalia onion along with the green onion—I love onions. I doubled the cumin, but did not put in sage. Just to experiment, I may try it sometime with ground turkey or chicken, but I worry I'll miss the big chunks of white meat. Great recipe.*** —KATINATOR

***I omitted the ginger and sage, and added a little more cumin and some ground chipotle red pepper flakes. Finally, I mashed the second can of beans for the thicker consistency and incorporated it all into my slow cooker for a yummy hot soup dinner!*** —TOO HOT TAMALE

***My husband loves this and he claims to hate Northern beans.*** —ZARY125

SUBMITTED BY
Dana
PREP 15 min
COOK 35 min
READY IN 50 min
SERVES 8
RATING
★ ★ ★ ★ ½
297 reviews

...ed, prewashed salad greens, toss them in a bowl, and serve this dressing on the side—salad in a snap!

## ROASTED GARLIC BREAD

armagazine.com/garlic_bread

*"A very easy recipe for garlic bread that is made with roasted garlic, butter, and Parmesan cheese."* —DANA

- **3 heads garlic**
- **2 tablespoons olive oil**
- **1 (1-pound) loaf Italian bread** *[From our kitchen: Soft, supermarket Italian bread works best for this recipe.]*
- **½ cup butter (1 stick), softened**
- **1 tablespoon chopped fresh parsley (optional)**
- **2 tablespoons grated Parmesan cheese (optional)**

Preheat the oven to 350 degrees F. Slice the tops off of the garlic heads so that the tip of each clove is exposed. Place the heads on a baking sheet, and drizzle with olive oil. *[From our kitchen: We put the garlic on foil, then drizzled with oil and wrapped in foil, so it wouldn't dry out.]* Bake for about 35 minutes, or until garlic is soft.

Set the oven to broil. Slice the loaf of bread in half horizontally, and place cut sides up on a baking sheet.

Squeeze the cloves of garlic from their skins into a medium bowl. Stir in the butter, parsley, and Parmesan cheese until well blended and paste-like. Spread onto the cut sides of the bread.

Broil for about 5 minutes, until toasted. *[From our kitchen: Instead of broiling bread, which can burn it easily, we recommend setting the oven temp at 425 degrees F and baking the bread for 10 to 12 minutes, until nicely browned.]*

**PER 1-SLICE SERVING** 322 CAL; 17.3 g FAT (8.5 g SAT); 6.9 g PRO; 35.4 CARB; 2 g FIBER; 436 mg SODIUM; 32 mg CHOL

SALT

***I love that kids can help with this recipe and feel that they've contributed to the meal. In this busy "instant" world, family time is at a premium.*** —LORIMP

***This needed salt!! The recipe didn't specify salted or unsalted butter and I use unsalted at home. If you do the same, add some salt to the butter mixture before spreading.*** —MARCIA_MARCIA_MARCIA

***I found the garlic bulbs hard to handle once they were out of the oven (hot, slippery little suckers!), I did love the overall result of the bread.*** —LINDSEY

Whip it, watch it, cook it! Or go to armagazine.com/garlic-bread-video

SUBMITTED BY
sal
PREP 5 min
READY IN 5 min
SERVES 12
(makes 1⅔ cups)
RATING
★ ★ ★ ★ ½
116 reviews

## MUSTARD VINAIGRETTE

armagazine.com/mustard-vinaigrette

*"This spicy honey-mustard dressing is an easy and versatile dressing for almost any salad!"* —SAL

- **½ cup white vinegar**
- **1 tablespoon honey**
- **1 tablespoon prepared Dijon-style mustard**
- **½ teaspoon ground black pepper**
- **2 teaspoons salt**
- **2 teaspoons minced garlic**
- **1 cup vegetable oil** *[From our kitchen: Olive oil provides better flavor for salad dressings.]*
- **4 drops hot sauce**

In a small bowl, whisk together the vinegar, honey, mustard, pepper, salt, garlic, oil, and hot sauce until thoroughly combined. Chill until serving.

**PER 2-TABLESPOON SERVING** 168 CAL; 18.2 g FAT (2.8 g SAT); 0 g PRO; 1.9 CARB; 0 g FIBER; 421 mg SODIUM; 0 mg CHOL

*YUM! My boyfriend constantly requests this recipe. This vinaigrette tastes wonderful...tangy, a little sweet, and just a bit of heat. I do use just a little less oil, but that's all I change.* -JAIME

Oscar Mayer

# Give Thanks on a Tuesday.

Slow Roasted and Carved Thick. *Oscar Mayer Carving Board* gives you all the taste of Thanksgiving any day of the year.

It's Holiday, Any Day Food. It's ***Oscar Mayer.***

GAME PLAN

Hosting is easy when you've made (almost) everything ahead!

**3 days ahead**

- make both chilies

**1 day ahead**

- make all four dips
- make salad dressing
- make brownies
- frost cupcakes
- chill beers & sodas

**Game day**

- reheat chilies and prepare fixin's bowls
- cut up veggies and put out chips for dips
- make garlic bread
- put salad greens in a bowl and rewhisk/reblend vinaigrette
- put beverages in a cooler or ice tub

## A PIECE OF CAKE

These are just storebought cupcakes, but they look amazing thanks to Naples34102's decorating idea! So smart, and so easy. Instead of coloring our own frosting, we used Betty Crocker's Decorating Cake Icing that comes in a squirt can—it was the perfect shade of green! We used mini football candles ($4 for 6 at partycity.com), but you could also use football players, which are available at fancyfootus.com and partycity.com.

advertisement

# Two Ways To Go...

# FREE or PRO

Now Allrecipes.com offers two great membership options.

allrecipes.com

FREE MEMBERSHIP

allrecipes PRO

PRO MEMBERSHIP

Promo code: **ONEYEARPRO**

ALLRECIPES.COM

Go Pro

ALLRECIPES.COM/MENUPLANNER

You could make your own football stencil out of cardboard, but we got our football-shaped cookie cutters at wcake.com; $11 for a set of 7 cutters.
SUBMITTED BY
Angie
PREP 10 min
COOK 30 min
READY IN 1 hr
SERVES
16 brownies
RATING
5354 reviews

## BEST BROWNIES

armagazine.com/best-brownies

*"These brownies always turn out!"* —ANGIE

**TO MAKE BROWNIES**

- ½ cup butter
- 1 cup white sugar
- 2 eggs
- 1 teaspoon vanilla extract
- ⅓ cup unsweetened cocoa powder
- ½ cup all-purpose flour
- ¼ teaspoon salt
- ¼ teaspoon baking powder

**TO MAKE FROSTING**

- 3 tablespoons butter, softened
- 3 tablespoons unsweetened cocoa powder
- 1 tablespoon honey
- 1 teaspoon vanilla extract
- 1 cup powdered sugar

O Preheat oven to 350 degrees F. Grease and flour an 8-inch square pan. *[From our kitchen: We recommend greasing the pan, then lining it with foil and greasing the foil for easier removal.]*

O **Make brownies:** In a large saucepan, melt butter. Remove from heat, and stir in sugar, eggs, and vanilla. Beat in cocoa, flour, salt, and baking powder. Spread batter into prepared pan.

O Bake in preheated oven for 25 to 30 minutes. Do not overcook.

O **Make frosting:** Combine butter, cocoa, honey, vanilla, and powdered sugar. *[From our kitchen: Add 2 teaspoons of water to frosting ingredients for easier spreading.]* Frost brownies while they are still warm. Cool completely before removing brownies from pan and cutting.

**PER 1-BROWNIE SERVING** 183 CAL, 9 g FAT (5.4 g SAT); 1.8 g PRO; 25.7 CARB; 1 g FIBER, 110 mg SODIUM; 47 mg CHOL

Blipp now to see this recipe in motion (blipp details on page 4), or go to armagazine.com/best-brownies-video

SAID

*I have no idea what some other reviewers are smoking, because, made as directed, these are the ideal brownie. Slightly fudgy and chewy, with that crackly top that seems to be the very definition of "brownie."* —SHINY COOKING

*Here's the scoop: 1. These are neither "cake" brownies nor "fudge" brownies; they fall in between. If you must have one or the other, this recipe isn't for you. 2. Yes, the frosting is sweet. If you like frosting, then add it, if not, leave it off. 3. These do not taste like boxed brownie mix. I can't understand why anyone would prefer a mix to homemade, but if that's your thing, then stick with the mix.* —MAMA CASS

*When the recipe says not to overcook, don't... depending on your oven, 25 minutes is probably long enough. They may not look done, but they continue to cook when removed.* —POLARBARE

TEAM SPIRIT

**Football Charades:**
This idea is from About.com: Divide your guests into teams and give each team five word cards that you've prepared in advance. Everyone takes turns trying to get their team to guess the football word that they're acting out. The team that guesses the most words correctly wins. Use a timer to keep the game from running into the next quarter. Here are some word examples: cheerleader, helmet, football, touchdown, referee, coach, team, field goal, beer, and buffalo wings.

The greatest force for women *is*
WOMEN
Heart disease is the No. 1 killer of women, taking more lives than all forms of cancer combined. But we have the power to save our lives.
The time is now to stand together. To fight harder. To shout louder.
American Heart
Go Red for women
Allison Janney, *National Ambassador*
Watch Allison's story here
or at Youtube.com/GoRedForWomen

# speed dating

## a romantic dinner in an hour

*too tired? Too busy? No excuses this year! You can absolutely whip up a woo-worthy meal, even on a weeknight: Each dish in this menu takes only about 15 minutes to prepare (and you can make the dessert a day or two before). Trust us, there's nobody who won't want to be your Valentine once this dinner hits the table...*

FOOD STYLING: PAUL GRIMES PROP STYL NG MICHELLE WONG



PHOTOGRAPHS BY SHER GIBLIN

## Seared Scallops with Jalapeño Vinaigrette

armagazine.com/seared-scallops

*"This is an incredibly basic but extremely versatile dressing."* -CHEF JOHN

- **1 large jalapeño pepper, seeded and membranes removed**
- **¼ cup rice vinegar**
- **¼ cup olive oil**
- **¼ teaspoon Dijon mustard** *[From our kitchen: We wanted a bit more of a mustard hit, so we used 1 teaspoon; this also thickens the vinaigrette a bit more.]*
- **Salt and black pepper to taste**
- **12 large fresh sea scallops**
- **1 pinch sea salt**
- **1 pinch cayenne pepper**
- **1 tablespoon vegetable oil**
- **2 oranges, peeled and cut in between sections into segments**

1. Purée jalapeño, rice vinegar, olive oil, and mustard in a blender on high until mixture is completely liquefied, 1 to 2 minutes. Season with salt and black pepper.
2. Sprinkle scallops with sea salt and cayenne pepper *[From our kitchen: Pat scallops dry with paper towels before seasoning, otherwise they'll "weep" and stick to skillet.]* Heat vegetable oil in a large skillet over medium-high heat until very hot but not smoking. Place scallops in skillet and cook until browned, 2 to 3 minutes per side *[From our kitchen: If you don't have a large 12-inch skillet, cook the scallops in 2 batches, otherwise they'll crowd in the pan and will steam instead of brown. Our scallops only needed 1½ to 2 minutes per side to cook through.]* Transfer to a plate. Garnish scallops with orange segments and drizzle some jalapeño vinaigrette over the top. *[From our kitchen: We used 1 to 1½ tablespoons vinaigrette for each serving; save the extra for chicken or fish later in the week!]*

**PER 3-SCALLOP SERVING (2 TABLESPOONS VINAIGRETTE)** 307 CAL, 18 g FAT (2.4 g SAT); 30.1 g PRO 5.9 g CARB; 0.1 g FIBER; 530 mg SODIUM; 72 mg CHOL

Blipp to see how to make these scallops, or go to **armagazine.com/seared-scallops-video**

SAID

***I don't review enough of the recipes I steal. This one knocked my socks off. Tweaked just a bit (2 cloves of garlic and double the Dijon, but the rest was as written). It is subtle and wonderful. My wife and I decided the perfect sides would be a nice Alfredo pasta and some green beans with pine nuts and a bit of lemon zest. Restaurant quality.*** —JOWIESNER

***Really nice dish! Great change-up from the grilled fish I normally barbecue. Only difference is, I added a little of the juice from the orange into the jalapeño vinaigrette.*** —BIGMNYORIFF

***Loved it! Thanks for the tutorial for searing the scallops [see video link, left], it worked out nicely. I followed the recipe but forgot to get an orange. I sliced some mango instead and we enjoyed it. May try and add mango to the purée next time.*** —OMUSAC

***One of the best recipes I have made in a long, long time. Perfect as is—no changes are needed at all. Make sure your scallops are really dry—season them well and put into a screaming-hot pan. Don't move them until you flip them. You want to get them good and crispy on the outside. You won't regret making this recipe!*** —BAKING NANA

*"This is EXCELLENT! I made it for a dinner party and everyone wanted the recipe. I would like to marry this man [Chef John], but I'm already married... too bad, what a chef he is!!!!!"* -HAPYGRL

PHOTO (AT LEFT): STOCK PHOTO

To get a good sear on the scallops, do the "wiggle" test before you try to flip one: After about 1½ minutes, gently wiggle the scallops with your tongs—if they're properly seared, they'll "release" from pan; they'll stick if they're not ready to be turned (don't force it, or they'll tear).

**SUBMITTED BY**
Chef John

**PREP** 10 min

**COOK** 5 min

**READY IN** 15 min

**SERVES** 4
(12 scallops)

**RATING**
★ ★ ★ ★ ½
**41 reviews**

Alfredo di Lelio a restaurateur in Rome and the creator of sauce Alfredo was a culinary genius. This sauce is perfect just a hint of garlic and a delicate, nutty character. The peppery bite of arugula is a nice balance to the rich creaminess of Alfredo. And, as you can see, asparagus beans instead of fresh peas.

**SUBMITTED BY**
Rebecca Swift

**PREP** 5 min

**COOK** 10 min

**READY IN** 15 min

**SERVES** 4
(1½ cups sauce)

**RATING**
★ ★ ★ ★ ½
**1742 reviews**

## Fettuccine Alfredo

armagazine.com/alfredo-sauce

*"Rich and creamy! I often substitute Gruyère cheese."* —REBECCA SWIFT

- ¼ cup butter
- 1 cup heavy cream
- 1 clove garlic, crushed
- 1½ cups freshly grated Parmesan cheese
- ½ pound dried fettuccine
- ¼ cup chopped fresh parsley

Melt butter in a medium saucepan over medium-low heat. Add cream and simmer for 5 minutes, then add garlic and cheese and whisk quickly, heating through.

Meanwhile, cook fettuccine until al dente then drain well.

Stir parsley into Alfredo sauce, then toss sauce into pasta. *[From our kitchen: The Alfredo sauce would also be amazing over boneless skinless chicken breasts!]*

PER 1-CUP SERVING 644 CAL; 42.8 g FAT (26.3 g SAT); 20.8 g PRO; 46 g CARB; 1.9 g FIBER; 488 mg SODIUM; 138 mg CHOL

Want to see how easy this sauce is to make? Just blipp it! (Page 4 has the details.)
Or you can click over to armagazine.com/alfredo-sauce-video

YOU SAID

*Remember to keep the sauce at a slow simmer, and never bring to a boil. The high heat will cause the cheese to turn grainy...a slow simmer will keep it smooth and creamy. (A simmer is where the temperature of the liquid is just below the boiling point, or where small bubbles come to the surface and break gently.) I enjoy a bit more garlic...keeps the vampires away.* —SOUS ANDY

*Simple ingredients, fantastic flavor! I've made this a few times now and I've learned: Continuous whisking! I start whisking when I add the cream to the unsalted butter and I don't stop until I turn my stove off.* —NUI

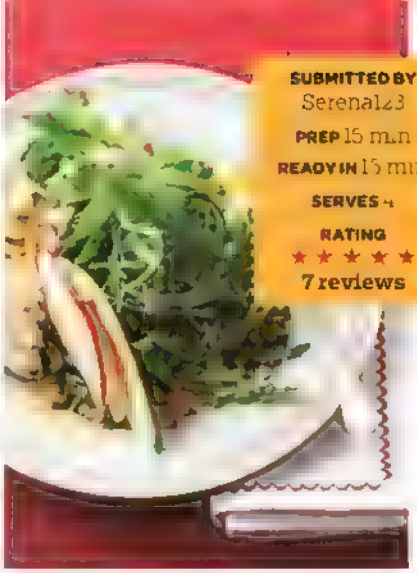
*Delicious simple Alfredo recipe! I used evaporated milk instead of heavy cream, which cuts the calories and fat by two-thirds and adds flavor. As another suggested, I replaced parsley with fresh chopped cilantro.* —JOJI

*There is no reason to buy Alfredo sauce in a jar if you can make it your own. Make sure you always use the fresh Parmesan cheese that you grate yourself; the canned stuff will not melt and you will have grainy sauce. I also add sliced portabello mushrooms or chicken to the sauce to make it chunkier.* —JOJO WIFE

*As a devoted customer of Olive Garden, I was skeptical when I made this...so many people had reviewed it, saying that it was as good as Olive Garden. Now, I love that stuff—I get Alfredo dipping sauce for the breadsticks, and I get fettuccine Alfredo as my meal! But honestly, this Alfredo is just as good, or even better!* —FIREFLY

*I made this for a first date. Needless to say...there was a second date! It was quick, easy, and delicious!*

—PRYNCESSCHRYSTI




allrecipes.com
5-STAR RATING

## Fig and Arugula Salad

armagazine.com/arugula-salad

*"So simple and so delicious!"*
—SERENA123

- 4 cups arugula
- 8 fresh figs, quartered, or other seasonal fruit
- ¼ cup freshley grated Parmesan cheese
- 2 tablespoons toasted pine nuts
- 2 tablespoons honey
- 2 tablespoons balsamic vinegar

Toss arugula, figs, Parmesan cheese, and pine nuts together in a large bowl. Drizzle honey and balsamic vinegar over salad, and gently toss before serving.

PER 1-CUP SERVING 162 CAL; 4.1 g FAT (1.3 g SAT); 4.3 g PRO; 30.5 g CARB; 3.4 g FIBER; 85 mg SODIUM; 4 mg CHOL

YOU SAID

*Delicious! Easy and awesome. I love, love, love all of the ingredients in this salad, so it was a no-brainer. The bite of the arugula paired with the sweet figs and balsamic vinegar are a perfect balance.* —WEASELSMOM

*Surprisingly very good for the few ingredients & ease of preparation. I made a dab more dressing because I like a little more dressing. Also works well with baby spinach & toasted pecans.* —PATTY PATRICIA

# Chocolate Covered Strawberries

armagazine.com/chocolate-strawberries

*"This is the simplest version of chocolate covered strawberries I know. Turn the strawberries upside down and insert by the toothpicks into a piece of styrofoam for easy cooling, or simply place them on a sheet of wax paper. White chocolate may be drizzled over the milk chocolate for a fancier look. They are perfect for weddings when decorated with frosting bow ties, bells, butterflies, roses, etc."* —KITTEN

**SUBMITTED BY** Kitten
**PREP** 10 min
**COOK** 5 min
**READY IN** 15 min
**MAKES** about 24 strawberries
**RATING** ★★★★½
**808 reviews**

**16 ounces milk chocolate chips**
*[From our kitchen: Feel free to swap in dark chocolate for milk. Also, ½ pound of chocolate was plenty for coating the berries; the shortening can then be dropped to 1 tablespoon.]*
**2 tablespoons shortening**
**1 pound fresh strawberries with leaves**

1. In a double boiler, melt the chocolate and shortening, stirring occasionally, until smooth. Pat strawberries dry with paper towels. Insert toothpicks into the tops of strawberries, and, holding them by the toothpicks, dip the strawberries into the chocolate mixture.
2. Turn the strawberries upside down and insert the toothpick into Styrofoam or an empty egg carton for the chocolate to cool, about 15 minutes. *[From our kitchen: We just held on to the berries by their stem end and then rested them on a sheet of wax paper to cool—yes, you get a tiny flat spot on the chocolate coating, but it was an easier process!]*

**PER 1-STRAWBERRY SERVING** 115 CAL; 7.3 g FAT (4 g SAT); 1.4 g PRO; 12.7 g CARB; 0.4 g FIBER; 31 mg SODIUM; 6 mg CHOL

Blippit, watch it, cook it! Just download the free Blippar app and hover your smartphone over this page. Or you can see the video at armagazine.com/chocolate-strawberries-video

SAID

***Absolutely delicious and so easy! I cut out the shortening all together, it was completely unnecessary. I rolled some of the dipped berries in sprinkles and some in ground nuts! YUM!!*** —MINNIE K

***De-lish! Super simple and quick too. Use room temperature berries and keep them at room temp prior to serving or they will "sweat" and not look as pretty!*** —CYNJAMS

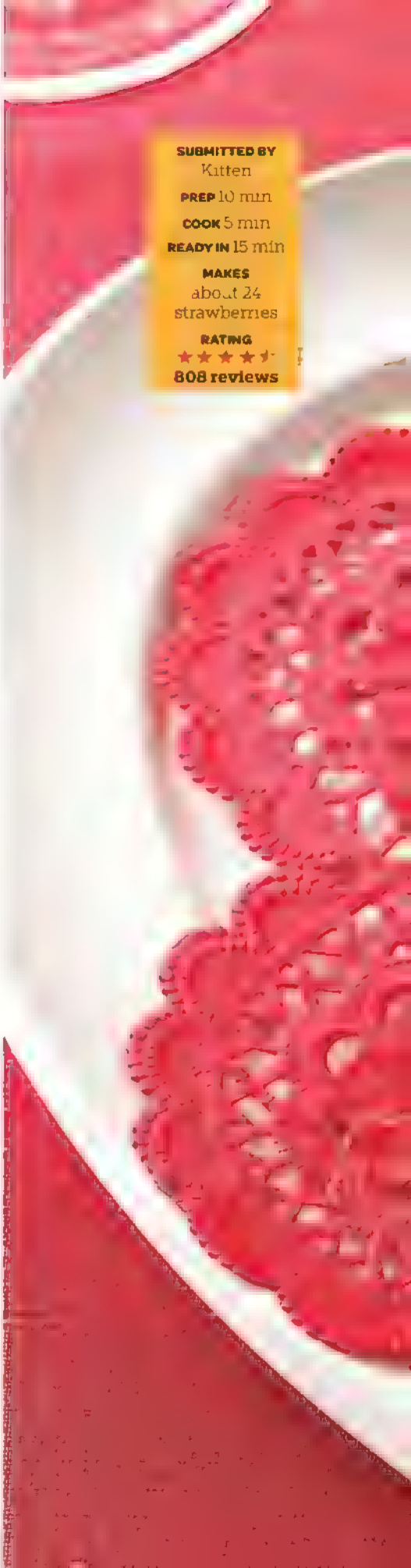
***For everyone that doesn't have a double boiler: You can easily make one with a saucepan and a glass or metal bowl. Just put about an inch of water in your saucepan, let it come to a boil. Then set your bowl (must be bigger than the top of pan) on top of that and voilà! A double boiler!*** —EMILY T

***This recipe is so easy but it tastes like a million dollars. I dipped bananas and pound cake into the leftover chocolate and those were delicious as well. Everyone was asking me where I bought the chocolate covered strawberries!!!*** —KALWATTAR

***I drizzled mine with white chocolate piped through a ziplock bag.*** —ERINM00526

***For a party, I put the strawberries on bamboo skewers, dipped them in the chocolate, and placed the skewered berries into a flowerpot stuffed with green leaf lettuce. The lettuce looked like leaves of flowers and the strawberries looked like rosebuds. Everyone was very impressed.*** —PATTY M

***Tip:*** If you want to add decorative drizzles of white chocolate over the milk chocolate, wait for the chocolate coating to dry, then melt 2 ounces of white chocolate along with 2 teaspoons of shortening in a double boiler, whisking to combine. Dip the end of a teaspoon into the white chocolate, then allow it to drip over the berries, moving the spoon back and forth to make squiggly lines on the coated strawberries.



Once coated and dried, you can store these in the fridge for a day or two before serving.

# What's Cooking, America?

ABOUT THE SURVEY

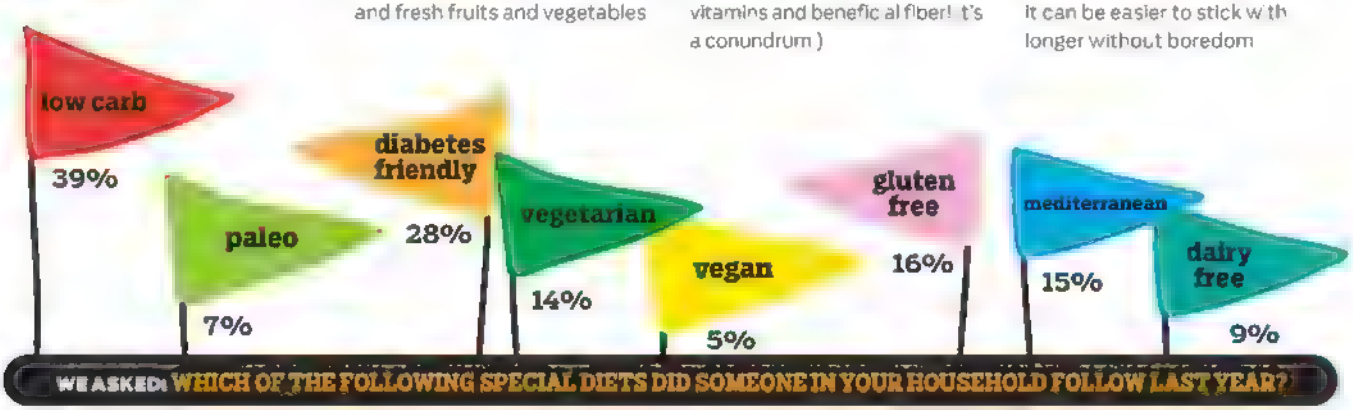
## Many Diets, One Common Thread: Eat More Vegetables

We're trying—we're *really* trying!—to eat healthier. In our quest to fight heart disease, lower our blood pressure, ward off cancer, and, well, let's face it, lose a few pounds, many of us have latched onto special diets, from the Paleo plan to the gluten-free approach. While these diets are different enough to seem contradictory, what they all have in common is eating more fresh produce.

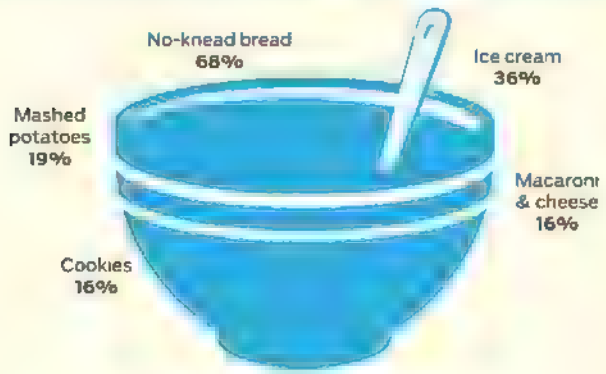
The Paleo (or caveman) diet is based on the idea of eating like someone who lived more than 10,000 years ago—a hunter-gatherer lifestyle that does not include legumes, grains, or even potatoes, and instead focuses on lean meats and fresh fruits and vegetables.

Wheat (and bread—the staff of life!) is the bad guy in several trending diets, and its elimination, whether you have genuine celiac disease or not, is the goal of the gluten-free approach, which claims we will feel lighter, less bloated, and more energetic if we cut out wheat and other gluten-producing grains. (And yet whole grains are loaded with vitamins and beneficial fiber! It's a conundrum.)

Carbs have been marked for exile by special diets for ages, of course, because they can raise blood-sugar levels (of particular concern for diabetics). And the diabetes-friendly diet is among the most popular for a reason. Controlling sugar and carbohydrate intake, along with fats, stresses moderation and doesn't ban anything—meaning it can be easier to stick with it longer without boredom.




**WE ASKED: WHICH FOODS ARE YOU PREPARING FROM SCRATCH RATHER THAN BUYING READY-MADE OR MAKING WITH A MIX?**




## Bye-Bye, Mixes. Hello, DIY Foods!

Sure, it's easy to bake a batch of brownies from a boxed mix, and it's convenient to pick up a loaf of bread and a container of ice cream at the market. But more and more, we're reading labels and opting to make our favorite foods from scratch—everything from no-knead bread and other baked goods to macaroni and cheese.

In part, it's because we want to eat clean (no preservatives, artificial ingredients, or additives), we want to try something new, and cooking from scratch can cost less.

But this year's survey shows it's mainly the promise of homemade *flavor* that beckons us to give from-scratch foods a try. Indeed, the velvety richness of home-churned vanilla ice cream (maybe even with vanilla extract you prepared yourself) and the perfect crumb and crackling crust of bread baked in your very own oven can make the effort worthwhile.

## Sometimes We Feel Like a (Different Kind of) Nut

What can we say? We're nut-curious. About two-thirds of us are trying non-peanut nut butters (including almond, hazelnut, and cashew varieties)—and not necessarily because of allergies to peanuts. The survey says it's mostly because new flavors make mealtime more interesting.

While that's absolutely true, the trend is also tied to our growing health awareness. Almonds, walnuts, and pistachios are terrific sources of protein, fiber, potassium, and heart-healthy omega-3 fatty acids. (Almond milk has been a hit, too, as an alternative to cow's milk, for those who are lactose intolerant.)

Nuts, of course, are not exactly low-calorie foods. Most have at least 14 grams of fat and 160 calories per ounce—so it's best not to, well, go nuts here. Whichever nut you fancy, it's wise to stick with a small handful (or a tablespoon of nut butter) to get your fix.

**WE ASKED: WHICH NUT BUTTERS ARE YOU TRYING?**

## Pressure Cookers

Along with the canning kettle, another ghost of kitchens past has made a monster comeback. The pressure cooker, which uses saturated steam to cook things fast, makes good sense in our busy age. It can cook a roast with all the best qualities of a slow braise in 30 minutes or less.

Fears about exploding pressure cookers, which used to put a lot of us off, have diminished with improved pressure regulators and other safety features. Modern models are almost as easy to use as slow cookers. Step-by-step instructions, good recipes, and the allure of 6-minute risotto have opened up this mode of cooking for a new generation.

## Cuckoo for Coconut

Coconut and products made from it (from coconut milk to fresh coconut flakes) have had a major PR makeover in the past year.

While avoiding the high (87 percent) saturated-fat content of coconut oil used to be second nature for the health conscious, this year's survey found about half of us are using some form of coconut in our cooking—mainly because we like coconut's flavor, but also because of health claims.

Although organizations like the Center for Science in the Public Interest dispute them, recent studies have trumpeted coconut oil as an aid in everything from losing weight and lowering cholesterol to battling Alzheimer's disease. And, after coconut shavings, coconut milk and coconut oil top the list of products we've taken into our kitchens.

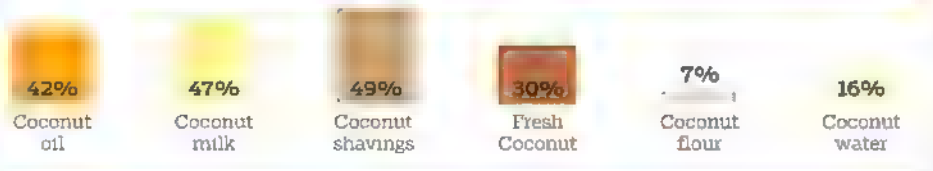
Coconut milk, so tasty and essential to Southeast Asian dishes, remains a "go easy" food because, like coconut oil, it's loaded with saturated fat. But light (or "lite") coconut milk, still packed with flavor, remains a good alternative.

As bakers know, freshly toasted coconut is a delight. And, as some restaurants have found, a little freshly grated coconut adds a hint of sweetness to salads (with minimal impact on calories and fat when it stands in for dressing).

Coconut flour has 5 grams of fiber per 2 tablespoons (without much saturated fat), and it's a boon for those with diabetes because it's lower on the glycemic index than wheat flour.

Fat-free coconut water, a more acquired taste but seemingly everywhere these days, can help replenish potassium and iron after a calorie-burning run.

**WE ASKED: WHICH COCONUT-BASED INGREDIENTS ARE YOU COOKING WITH AT HOME?**

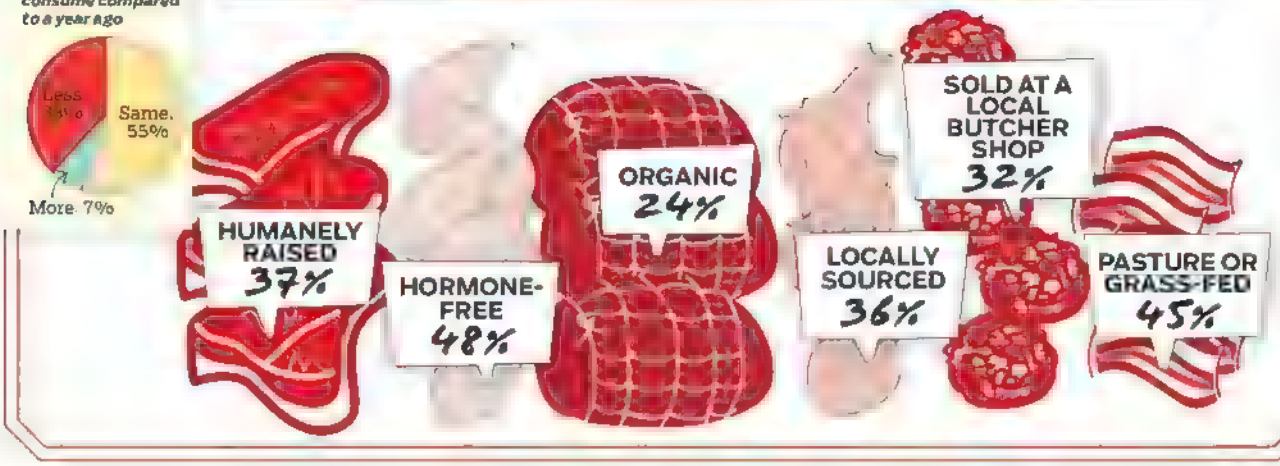


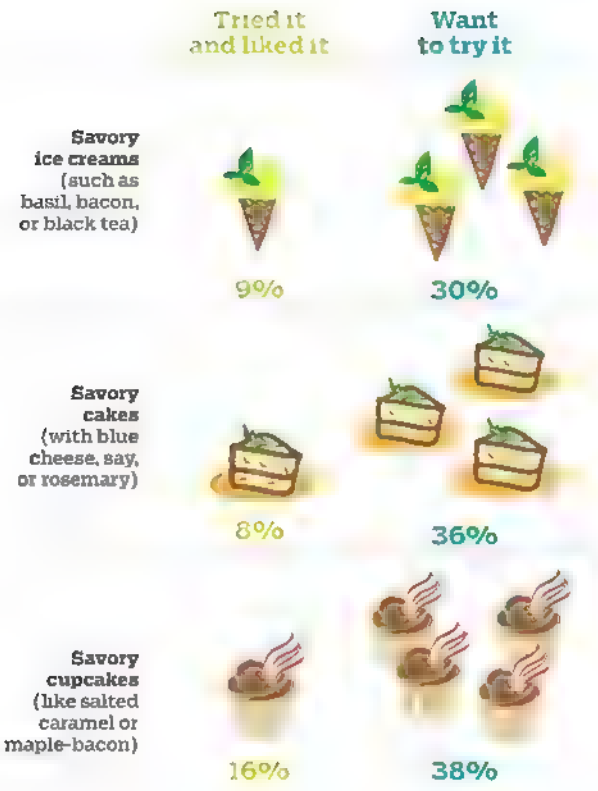

## Less Meat, More Informed Purchases

Shrinking family budgets, expanding waistlines, and news about the human health implications of eating antibiotic- or hormone-injected animals are just some of the factors that have affected our meat-eating habits. Whether for dietary, budgetary, ethical, environmental, or other reasons, more than a third of us are eating less meat than we did a year ago.

And, when we do go to the meat counter, we're thinking about more than just what's for dinner. More than a third in this year's survey said that where the meat comes from and how it is raised are important considerations when they shop.

**WE ASKED: WHAT'S IMPORTANT TO YOU WHEN YOU'RE BUYING MEAT?**






## Savory Endings? How Sweet!

No longer is dessert simply fruity, chocolaty, or purely sweet. At restaurants, in grocery stores, and at home, savory ingredients like sea salt, chile pepper, herbs (especially lavender, basil, and thyme), tea, bacon, and blue cheese are making their way into everything from cupcakes to frozen custards.

Ice cream, in fact, has emerged as one of the greatest playgrounds for adventurous cooks and eaters. There's something especially thrilling about getting a spike of fresh herbs in your vanilla or strawberry cone, a crunch of flaky sea salt in your chocolate-caramel swirl, or a blast of smoky bacon in your maple-walnut.

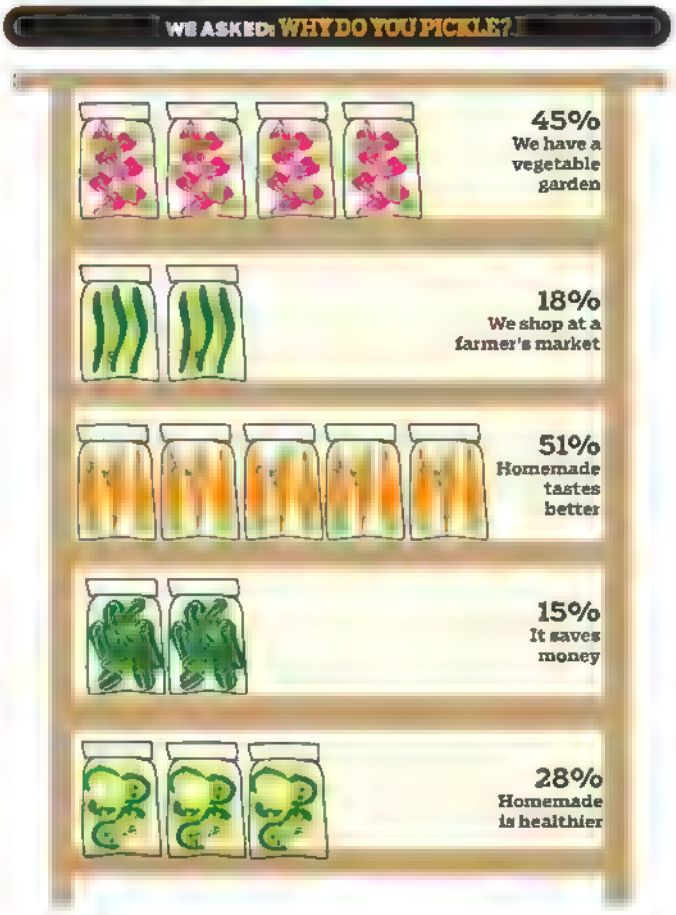
Perhaps it's a riff on the European tradition of the after-dinner cheese course (where decidedly unsweet things like pickles and mustard complement rich and creamy dairy products).

Or maybe it's a clever way of making our desserts both quirkier and smarter (because you can really only eat so much of that olive oil gelato). Whatever the driver, combining flavors that we normally like all by themselves or in other contexts gives a nothing-new-under-the-sun world a what-will-they-think-of-next twist.

While not everyone's on board with this blurring of the sweet-savory line, this year's survey suggests savory dessert lovers now outnumber the haters, with more people saying they liked or wanted to try a dessert with a nonsweet element than those who said they hadn't and didn't care to.

## Passion for Pickling

In a classic sketch from the IFC comedy show *Portlandia*, two crunchy Portlandhipsters solve the woes of people with leftover products. When confronted with anything from cucumbers and eggs to used Band-Aids and CD jewel cases, they gush, "We can pickle that!" In real American kitchens these days, cooks are exhibiting a similar "have jars, will pickle" spirit. In fact, 1 in 4 of us pickled something in the last year. The main reasons for our pickling enthusiasm? We want to use the foods we grow in our own gardens, we like the flavor of homemade, and we know that homemade foods can be healthier than store-bought.



# *take it* SLOW

There's a reason you almost never see a slow cooker at a garage sale: Most of us wouldn't even *think* of parting with our beloved set-it-and-forget-it kitchen helpers! No doubt you already have some slow-cooker favorites in your online recipe box, but who couldn't use more new dinner ideas? Here are a few of the greatest hits from Allrecipes.com, as well as some hidden gems that deserve your attention.

PHOTOGRAPHS BY KARLA CONRAD

Hidden Gem

# Back-Burner Ratatouille

armagaz.ne.com/ratatouil.e

*"So good and so easy, this comforting Provençal dish is great warm as a side dish or cold with cottage cheese for lunch. The leftovers just keep getting better."* —TALIFUSS

- **1 (28-ounce) can diced tomatoes, undrained**
- **2 zucchini, cut into ½-inch cubes**
- **2 yellow squash, cut into ½-inch cubes**
- **1 eggplant, cut into ½-inch cubes**
- **1 onion, finely diced**
- **1 teaspoon salt, or to taste**
- **½ teaspoon Italian seasoning, or to taste**
- **1 pinch garlic powder, or to taste**
  *[From our kitchen: If you like garlic, substitute a few cloves of fresh garlic for the garlic powder.]*
- **1 pinch ground black pepper, or to taste**
- **1 teaspoon tomato paste (optional)**
- **2 tablespoons extra-virgin olive oil**

1. St r tomatoes, zucch ni, squash, eggp ant, onion, salt, Italian seasoning, garlic powder, and pepper together in a 5- to 6-quart slow cooker. Cook on HIGH for 3¾ hours or on LOW for 6 to 8 hours, st rring twice
2. Add the tomato paste (if using) and cook uncovered 30 minutes to reduce and thicken the liquid. Adjust seasonings and drizzle with o ive oil just before serving

**PER HEAPING-CUP SERVING** 80 CAL, 3.6 g FAT (0.5 g SAT), 2.1 g PRO; 9.8 g CARB; 3 g FIBER; 456 mg SODIUM; 0 mg CHOL

This ratatouille (pronounced RAT-a-TOO-ee) is a real [illegible]. Spread it on toasted sourdough or baguette slices as a side dish or appetizer. Fold it into whisked eggs for a veggie-packed scramble. Or serve it with [illegible] for a filling vegetarian supper.

**SUBMITTED BY** talifuss
**PREP** 20 min
**COOK** 4 hr, 15 min
**READY IN** 4 hr, 35 min
**SERVES** 8 (makes about 8½ cups)
**RATING** ★★★★½ 16 reviews

SAID

***Boy was I glad to find this recipe! It was delicious, easy, low-calorie, and authentic. My family likes things a little spicy, so I made the following additions: an extra pinch of both red and black pepper, a tablespoon of fresh garlic, double the amount of Italian seasoning, and a sprig each of fresh parsley, marjoram, basil and oregano. It is our new favorite!*** —KITTYANDMURF2

***At first I thought I added too many veggies because the pot was near full. Once it started to cook down, the amount of veggies was right on the money! The recipe was delicious, and my house smells amazing!*** —LIZZYLUV

***I used a little more zucchini and eggplant than called for, and it turned out great. It's really better the next day or two. I toasted some thin slices of ciabatta on the grill, put this on top along with chopped pepperoni and mozzarella cheese, and put it under the broiler for a minute or two. Excellent! Hubs wants it again this week! I'll serve it with a big Italian salad. Can't wait!*** —PARTY CHEF

***Delicious, healthy, and satisfying all in one meal! I've made the dish twice, and both times I got rave reviews from my family. I did not have yellow squash, but it didn't matter; it was wonderful. I like to serve it in a bowl with a ¼ cup light ricotta on top—mmm.*** —JESSICALEE

## HOT POTATO

We got the best slow-cooker idea from Allrecipes community member Nurse Ellen: Save your oven for the big stuff and your microwave for the quick stuff, and make perfect baked potatoes in your slow cooker! (Seriously, why hadn't we thought of this before?) Just prick the potatoes with a fork several times, then rub them with olive oil, sprinkle with a little salt, and wrap tightly in foil. Pop them into the slow cooker and cook on HIGH for 4½ to 5 hours, or on LOW for 7½ to 8 hours. Easy peasy!

FOOD STYLING: PAUL GRIMES; PROP STYLING: JOE HELLANDER; PHOTO (BAKED POTATO): FOTOSEARCH; SLOW COOKER: ©ISTOCKPHOTO.COM/CHRISTOPHER HAMILTON BEACH

PREVIOUS PAGE

What's better than fall-apart barbecued ribs? Ones that don't require any babysitting! For a flavor boost, use your favorite barbecue sauce in place of the ketchup.

**SUBMITTED BY**
SUZANNE2802
**PREP** 10 min
**COOK** 8 hr, 30 min
**READY IN**
8 hr, 40 min
**SERVES** 8
**RATING**
★ ★ ★ ★ ½
**1,152 reviews**

## Slow-Cooker Barbecue Ribs

armagazine.com/barbecue-ribs

*"An easy and delicious way to prepare tender barbecued ribs without the barbecue!"* —SUZANNE2802

- **4 pounds pork baby back ribs**
- **Salt and black pepper to taste**
- **2 cups ketchup**
- **1 cup chili sauce**
- **½ cup packed brown sugar**
- **¼ cup vinegar (any kind)**
- **2 teaspoons dried oregano**
- **2 teaspoons Worcestershire sauce**
- **1 dash hot sauce**

1 Preheat oven to 400 degrees F. Season ribs with salt and pepper. Place in a shallow baking pan. Brown in oven 15 minutes. Turn over, and brown another 15 minutes; drain fat.
2 In a medium bowl, mix together the ketchup, chili sauce, brown sugar, vinegar, oregano, Worcestershire sauce, hot sauce, and salt and pepper to taste. Place ribs in a 6-quart slow cooker. Pour sauce over ribs, and turn to coat. Cover and cook on LOW 6 to 8 hours, or until ribs are tender. *[From our kitchen: If using a round slow cooker, cut the racks into thirds for a better fit. We got tender results at 7 hours on LOW and skimmed fat from the sauce before serving.]*

**PER ½-POUND SERVING** 497 CAL, 29.6 g FAT (10.9 g SAT), 26 g PRO, 33 g CARB, 0.8 g FIBER, 1245 mg SODIUM, 117 mg CHOL

Tapp now to see this recipe in motion (details on page 4), or go to armagazine.com/barbecue-ribs-video

SAID

*These are the best ribs I have ever fixed in my 65 years, and I'm from Texas and have fixed a LOT of ribs. The only change I made was adding 4 tablespoons of raspberry-chipotle marinade and 2 tablespoons of liquid smoke to the sauce. It only took 4½ hours in my slow cooker.* —QUAIL LADY

*If you want fall-off-the-bone ribs, this is a great recipe. The secret is to cook the ribs as indicated in the oven first to get some fat off; then you can add your own BBQ sauce or follow the recipe. The kids love these ribs every time I make them, and it's so easy with the slow cooker. Set it in the morning and come home to a dinner that is easy to put together!* —ARUBAGIRL

*This just became my favorite slow-cooker recipe.* —REDWINECHICK

*This recipe is great!!! The meat was sooo tender, and the sauce was tasty with a good kick but not overwhelmingly spicy.* —JETTGIRL

Did you know Allrecipes is home to over 400 slow-cooker recipes? Find the collection at armagazine.com/slow-cooker-collection

Elena
**PREP** 30 min
**COOK** 8 hr
**READY IN** 8 hr, 30 min
**SERVES** 8 (makes about 11 cups)
**RATING**
★ ★ ★ ★ ½
3,005 reviews

This is so easy to spice up—or down. Just use your favorite enchilada sauce (mild, medium, or hot) to adjust the heat. To make it even heartier, do like we and several reviewers did: Add a can of black beans.

## Slow-Cooker Chicken Tortilla Soup

armagazine.com/chicken_tortilla_soup

*"This tortilla soup tastes better than anything you can get at a restaurant. And it's healthy, too! Don't let the long list of ingredients fool you. All you do is dump everything into the slow cooker and walk away."* —ELENA

- **1 pound shredded, cooked chicken**
  *[From our kitchen: You can also use a pound of uncooked boneless skinless chicken breasts and thighs. Just fish them out when they're cooked through, shred, and return to the pot.]*
- **1 (15-ounce) can whole peeled tomatoes, mashed**
- **1 (10-ounce) can enchilada sauce**
- **1 medium onion, chopped**
- **1 (4-ounce) can chopped green chiles**
- **2 cloves garlic, minced**
- **2 cups water**
- **1 (14.5-ounce) can chicken broth**
- **1 teaspoon cumin**
- **1 teaspoon chili powder**
- **1 teaspoon salt**
- **¼ teaspoon black pepper**
- **1 bay leaf**
- **1 (10-ounce) package frozen corn**
- **7 corn tortillas**
- **Vegetable oil**
- **1 tablespoon chopped cilantro**

1 Place all ingredients except for tortillas, oil, and cilantro in a 4- to 5-quart slow cooker. Cover, and cook on LOW for 8 to 9 hours or on HIGH for 4 to 4½ hours.

2 Preheat oven to 400 degrees F. Lightly brush tortillas with oil on both sides, then cut into strips and spread on a baking sheet. Bake until crisp, about 10 to 15 minutes. Sprinkle cilantro and tortilla strips over soup just before serving.

**PER 1½-CUP SERVING (WITH 10 TORTILLA STRIPS)**
262 CAL, 10.8 g FAT (2.5 g SAT), 18 g PRO, 24.7 g CARB, 3.8 g FIBER, 893 mg SODIUM, 45 mg CHOL

Want to see how easy this dish is to make? Just blipp it! Or go to armagazine.com/chicken-tortilla-soup-video

SAID

*We live in Mexico, and this is AS CLOSE TO AUTHENTIC as possible. I love "cheater" recipes like this. Open a few cans, dump it in, and voilà! My entire family says it's as good as the tortilla soups served here in local restaurants. That's the highest compliment a recipe can get!* —ILKAHA9

*My family absolutely loves it! I enjoy how simple it is and how you can play by adding other ingredients and it still tastes the same. I usually cook the chicken ahead of time but add it later on; otherwise it tastes overcooked and flavorless. We like to add sour cream, lime, avocados, and cheese. Absolutely delicious!* —SAENZ&RIMM

*I made this at the last hour for a neighborhood party, and it was devoured by adults, high-schoolers, and kidlets. I doubled it for my slow cooker and used two mojo rotisserie chickens. It didn't taste processed or like a canned soup at all (and I'm pretty picky).* —MOMZILLA

# The Lowdown on Slow Cookers

Slow cookers have three main parts: an outer shell with a low-watt electric heating coil to warm the food slowly; a liner or insert that holds the food and comes out for cleaning; and a snug-fitting lid. Once the lid is on and **the cooker heats up, condensation collects on the lid's underside, drops back onto the food, and keeps it moist as it cooks**. That's it. Pretty simple. It's the same process that happens when you braise a covered dish in the oven or let it simmer on your stove. Any recipe that benefits from slow, moist, covered cooking or baking (think braises, stews, custards, and anything that needs basting) is a good candidate for making in a slow cooker. —SANDYG

## Slow—and Safe

Although the cooking temperature is low (from 170 to 280 degrees F), the prolonged cooking, the steam under the lid, and the direct heat from the slow cooker combine to destroy bacteria. For the safest slow-cooker results,

1. Fill the cooker half to two-thirds full; this helps it quickly achieve and maintain adequate heat. (If your slow cooker isn't the recommended size, you may need to halve or double the recipe.)
2. Always start with thawed food. If you put frozen food in the slow cooker, it may take too long to get up to a safe temperature.
3. Avoid peeking. The temperature inside drops quickly every time you lift the lid.

## WHAT TO LOOK FOR

### SIZE

Slow cookers come in a range of sizes (1½ to 8½ quarts or more), and they work best when filled by half to two-thirds their depth. If you have to pick just one, opt for an all-purpose 5- or 6-quart model.

### SHAPE

Round works, but oval-shaped cookers tend to be the most versatile. They can hold a whole chicken, accommodate smaller dishes for dessert recipes that use a water bath, and often are easier to clean.

### SETTINGS

Early slow cookers had just two modes: ON and OFF. Today, even the simplest have different temperature settings. Programmable models tend to be a little more expensive, but they offer a key advantage. You don't have to be there to change the setting; they'll switch to LOW to keep the food warm when the programmed HIGH phase of cooking is done.

### INSERTS

A removable insert is key. The slow-cooker shell has electrical components that can't be immersed in water, and cleanup is a drag if you have to slosh soapy water in an insert that doesn't come out.

### BELLS & WHISTLES

If you plan on preparing lots of meats in the cooker, a model with a built-in browning/searing function or a liner that can go from the stovetop to the slow cooker is helpful. Also nice are a hinged or locking lid, a built-in thermometer, and a dishwasher-safe insert.

# Slow-Cooker Corned Beef and Cabbage

armagazine.com/corned_beef

*"No more dry corned beef! Cook this in your slow cooker all day, and you're guaranteed success!"* —LUSYRSGIRL

- **4 large carrots, peeled and cut into matchstick pieces (3 cups)**
- **10 baby red potatoes, quartered (12 ounces)**
- **1 small onion, peeled and cut into bite-sized pieces (½ cup)**
- **4 cups water** *[From our kitchen: Our slow cooker was very full with 4 cups of water; 2 cups work just fine.]*
- **1 (4-pound) corned beef brisket with spice packet**
- **6 ounces beer**
- **½ head cabbage, coarsely chopped (3 cups)**

1. Place the carrots, potatoes, and onion in a 6-quart slow cooker, pour in the water, and place the brisket on top of the vegetables. Pour the beer over the brisket. Sprinkle on the spices from the packet, cover, and set the cooker on HIGH.
2. Cook the brisket for 5 hours on HIGH or 8 to 9 hours on LOW. Stir in the cabbage and cook for 1 more hour on HIGH, or until brisket and cabbage are tender.

**PER SERVING (4½ OUNCES MEAT, ¾ CUP VEGETABLES)** 472 CAL, 19.6 g FAT (6.5 g SAT), 23.6 g PRO, 49.5 g CARB, 6.8 g FIBER, 1,281 mg SODIUM, 99 mg CHOL

Blipp to see how it's done! (See blipp details on page 4.) Or go to armagazine.com/corned-beef-video

SAID

***Excellent!!!! Only change: I used the whole bottle of beer and used the program mode on my slow cooker to start it at 1 hour on HIGH then switch to 8 hours on LOW. Add a big pan of homemade buttermilk cornbread, and that's some mighty fine eating.*** —TCCOX

***So easy a caveman could do it.*** —CAROLYN B.

***I have been making my corned beef and cabbage in the slow cooker for a long time. I would rate this as the #1 best-tasting food in the slow cooker. I always add my potatoes in the beginning along with the carrots and onion. They do not come out mushy at all.*** —PEN

We cut our carrots into bite-sized chunks, which held up better than matchsticks in a slow cooker. Serve the dish with assorted mustards and pumpernickel bread—and save leftovers for killer corned beef sandwiches.

**SUBMITTED BY** LUSYRSGIRL
**PREP** 15 min
**COOK** 6 hr
**READY IN** 6 hr, 15 min
**SERVES** 8 (makes about 2 pounds cooked meat, 7 cups vegetables)
**RATING** ★★★★½ **495 reviews**

SUBMITTED BY
KathrynG
PREP 20 min
COOK 3 hr, 20 min
READY IN 3 hr, 40 min
SERVES 9 (makes 14 cups)
RATING
13 reviews

For the best texture, use baking potatoes. They break down a little as they cook and give the chowder extra body.

Hidden Gem

## Slow-Cooker Fish Chowder

armagazine.com/fish_chowder

*"A great, hearty fish chowder that's low in fat. I use low-sodium, homemade stock, and I find there's enough salt from the bacon that no more is needed. You can change up the seafood, the vegetables, and the seasonings. I find seafood chowder difficult to reheat (a no-no at work!), so I would make this when I have company coming who can finish it in one or two days."* —KATHRYNG

- **4 slices bacon, chopped**
- **1 onion, chopped**
- **2 cloves garlic, minced**
- **6 cups chicken stock**
- **1 cup fresh (from about 1 cob) or frozen (no need to thaw) corn kernels**
- **2 large potatoes, diced** *[From our kitchen: Peeled or unpeeled is fine, it's up to you.]*
- **3 stalks celery, diced**
- **2 large carrots, diced**
- **Ground black pepper to taste**
- **½ teaspoon red pepper flakes, or to taste**
- **8 ounces scallops**
- **6 ounces peeled and deveined uncooked medium shrimp**
- **¼ pound skinless, boneless halibut, cut into bite-size pieces**
- **1 (12-ounce) can evaporated milk**

1. Cook bacon in a skillet over medium heat until browned, 5 to 8 minutes, stirring occasionally; drain excess grease. *[From our kitchen: We reserved about 2 tablespoons of the bacon grease in the skillet for cooking the veggies.]* Stir onion and garlic into bacon grease and cook until onion is translucent, about 5 minutes.
2. Transfer bacon and onion mixture to a 5- or 6-quart slow cooker. Add chicken stock. Mix corn, potatoes, celery, and carrots into the stock. Season with black pepper and red pepper flakes. Set the cooker on HIGH, cover, and cook for 3 hours.
3. Stir scallops, shrimp, and halibut into the soup and cook 5 minutes more on HIGH. Stir evaporated milk into chowder, heat thoroughly, and serve. *[From our kitchen: Bacon and chicken stock have variable sodium, so taste your soup—you may need to add some salt here.]*

**PER 1½-CUP SERVING** 235 CAL; 6 g FAT (2.6 g SAT); 18.4 g PRO; 27.9 g CARB; 3.4 g FIBER; 724 mg SODIUM; 56 mg CHOL

SAID

*A good and easy chowder. I used at least double the celery. I also substituted a pound of ham for the bacon. I used only a pinch of black pepper and red pepper. I wanted something smooth and mild. This was a good choice for dinner after a long day. I prepped the vegetables the night before. The kids added the broth and corn and turned the slow cooker on when they got home from school. I added the milk, ham, and seafood when I got home. It took all of two seconds, so I had an hour to rest after work instead of cooking. I look forward to making this again.* —ONESPUNCOOKIE

*This was a hit even with our 5-year-old. I used bay scallops and cod and doubled the shrimp since I had extra on hand. I did end up thickening it a bit with cornstarch. A perfect dinner for a cold winter night.* —MRSZEE

*I did maybe a fourth of the potatoes because I'm trying to cut out starches, no corn, but lots of seafood. Added some Old Bay Seasoning like another person suggested—wow. And it's got bacon!* —BHSTEACHER

SLOW COOKER (RIGHT); CROCK POT

Try this, as one of our wise community members suggested, in deli rolls with cheese—like cheesesteak!

SUBMITTED BY MJWAGNER68
PREP 20 min
COOK 4 hr 10 min
READY IN 4 hr 35 min
MAKES 6 cups
RATING ★★★★½
1,754 reviews

## Slow-Cooker Pepper Steak

armagazine.com/pepper-steak

*"Very tender and flavorful, this recipe is one of our family's favorites. It's great to make ahead of time in the slow cooker and then serve over rice, egg noodles, or chow mein."* —MJWAGNER68

- **2 pounds beef sirloin, cut into ½ x 2-inch strips** *[From our kitchen: To save money and capitalize on the slow cooking, you could use a cheaper and tougher cut of beef, such as round or chuck.]*
- **Garlic powder**
- **3 tablespoons vegetable oil**
- **1 cube beef bouillion**
- **¼ cup hot water**
- **1 tablespoon cornstarch**
- **½ cup chopped onion (1 medium onion)**
- **2 large green bell peppers, roughly chopped (about 2 cups)** *[From our kitchen: We used a mixture of red, yellow, and orange bell peppers, cut them into 1-inch pieces, and added them during the last 45 minutes of cooking to keep them from getting too soft.]*
- **1 (14.5-ounce) can stewed tomatoes, with liquid**
- **3 tablespoons soy sauce**
- **1 teaspoon white sugar**
- **1 teaspoon salt** *[From our kitchen: We suggest adding salt to taste, if at all, at the end of the cooking time. The beef bouillon, soy sauce, and canned tomatoes can make salt unnecessary.]*

1. Sprinkle beef with garlic powder. In a large skillet over medium heat, heat the vegetable oil and brown the beef. Transfer to a 4-quart slow cooker.
2. Mix bouillon cube with hot water until dissolved, then mix in cornstarch until dissolved. Pour into the slow cooker. Stir in onion, bell peppers, stewed tomatoes, soy sauce, sugar, and salt.
3. Cover, and cook on HIGH for 3 to 4 hours, or on LOW for 6 to 8 hours.

**PER 1-CUP SERVING** 301 CAL; 15.8 g FAT (4.5 g SAT); 28.2 g PRO; 11.7 g CARB; 1.9 g FIBER; 1,189 mg SODIUM; 65 mg CHOL

### SAID

*Absolutely delicious! My husband loved it! I did as some others suggested and bought the pre-sliced beef stir-fry strips to make it a little quicker. The only other thing I did was slicing my green peppers into strips instead of chopping them.* —KS

*An easy, versatile recipe that can be customized to each family's personal tastes. I often add pineapple, bamboo shoots, mushrooms, carrots, and whatever I have in the fridge that might complement it.* —CRYSTAL S

*This recipe was wonderful. I highly recommend it. The steak was so tender that you could cut it with a fork. I did double the liquid in the recipe to make more sauce and used 3 tablespoons of cornstarch to thicken it. I added half the peppers at the beginning and the other half the last half hour. YUMMMY!!!* —IAMHEATHER

Blipp it, watch it, cook it! See details on page 4, or go to armagazine.com/pepper-steak-video

Hidden Gem

# Bread Pudding in the Slow Cooker

armagazine.com/bread_pudding

*"I was looking for a slow cooker recipe for bread pudding. I couldn't find one. So I tasted, tweaked, amalgamated, and adapted recipes to get this! This bread pudding can be breakfast, brunch, or dessert."* —ANDIE

- **8 cups cubed bread**
- **1 cup raisins (optional)**
- **2 cups milk**
- **4 eggs**
- **¼ cup butter, melted**
- **¼ cup sugar**
- **½ teaspoon vanilla extract**
- **¼ teaspoon ground nutmeg**

1. Place bread and raisins (if using) in a 4-quart slow cooker.
2. Whisk milk, eggs, butter, sugar, vanilla extract, and nutmeg together in a bowl; pour over bread and raisins. Toss to evenly coat. Transfer to a lightly greased 4-quart slow cooker. Cook on LOW until a knife inserted near the center comes out clean, about 3 hours.

**Notes from Andie:** Toast bread cubes for best flavor. For a richer pudding, use a higher-percent-fat dairy product. Cream can be used to create a richer pudding, and vanilla soy or rice milk can be used, but plain soy milk affects the taste. Spiced or cinnamon raisin bread can be used; if using, omit spices and/or raisins. Apple chunks can be substituted for raisins; reduce milk if using apple chunks. White, brown, or maple sugar can be used. If you want more of a maple flavor, add ¼ to ½ teaspoon maple extract.

**PER 1-CUP SERVING** 396 CAL; 14.3 g FAT (7.3 g SAT); 11.4 g PRO; 57.9 g CARB; 2.2 g FIBER; 455 mg SODIUM; 168 mg CHOL

Find more slow-cooker dessert recipes at **armagazine.com/slow-cooker-desserts**

Moist heat and slow cooking are perfect for this not-too-sweet bread pudding. Use challah bread for an almost creamy result. Serve hot with a scoop of ice cream for a dessert, or put it into the slow cooker when you start the coffee pot, and drizzle with maple syrup for an indulgent brunch dish.

SAID

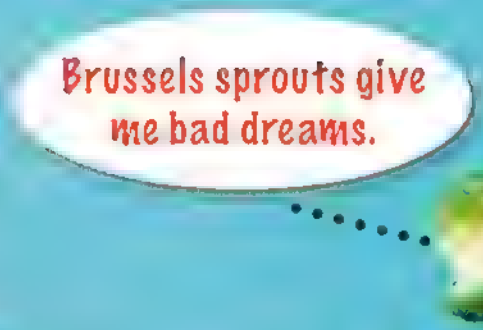
*I halved the recipe so that it would fit into my 2-quart slow cooker. I used a loaf of homemade Irish soda bread, and that worked out great! I also added ½ teaspoon cinnamon. I can't believe this dessert came out of a slow cooker. YUM! Thanks for sharing. :)* —CHRISTINA

*This is by far one of the best bread pudding recipes I have tried. I didn't have raisins but didn't miss them in this version of a Southern favorite. I like things like this on the sweeter side, so I added ¾ cup of sugar.* —MS.KANSAS

*This was so easy and quick to make. I used panettone (the sweet Italian bread) and added some dehydrated blueberries. I buttered the slow cooker pan, which made it easy to take out. I used a spoon to press the bread down to make sure all the egg mix was soaked up. Love this and will make it again.* —AGGIE

**SUBMITTED BY** Andie
**PREP** 10 min
**COOK** 3 hr
**READY IN** 3 hr, 10 min
**SERVES** 6 (makes 6 cups)
**RATING** ★★★★½
**12 reviews**

I only like RAW vegetables.
What are those specks?
Everything is TOUCHING!
NO. I am not eating fish!
I told you! I only like WHITE food.
Is that SKIN? (shudder)
Broccoli makes my stomach hurt.
Sauce is bad.
It smells... fishy.
FOOD STYLING PAUL GRIMES PROP STYLING MICHELLE WONG




# Perfect Picks FOR THE Pickiest

Whether it's a spouse who doesn't do tomatoes, a kid who hates string beans, or a friend who just can't bear beets, a picky eater can throw a wrinkle into your best-laid dinner plans. Never fear! We've rounded up recipes that Allrecipeeps swear by when feeding the most finicky of eaters.

PHOTOGRAPH BY SHERI GIBLIN

If your picky eaters freak out at the sight of pepper or onion, chop the veggies as finely as you can, and they'll disappear in the meat mixture. Because, hey, you can't protest what you can't see!

**SUBMITTED BY** Tamara
**PREP** 10 min
**COOK** 30 min
**READY IN** 40 min
**MAKES** 3 cups
**RATING** ★★★★½
**3,580 reviews**

## Sloppy Joes II

allrecipes.com/sloppy-joes

*"This is the recipe my mother used for sloppy joes, and it always gets compliments!"*
—TAMARA

- **1 pound lean ground beef**
- **¼ cup chopped onion**
- **¼ cup chopped green bell pepper**
- **½ teaspoon garlic powder**
- **1 teaspoon mustard**
- **¾ cup ketchup**
- **3 teaspoons brown sugar**
- **Salt and ground black pepper to taste**
- *[From our kitchen: You'll also need buns, of course. Mini buns are great for kids.]*

1. In a medium skillet over medium heat, brown ground beef, onion, and green pepper; drain off liquids.
2. Stir in garlic powder, mustard, ketchup, and brown sugar; mix thoroughly. Reduce heat, and simmer for 30 minutes. *[From our kitchen: If you like your Joes saucy, cover the skillet, stirring occasionally. Leave the lid off if you like them thick and sticky.]* Season with salt and pepper.

**PER ½-CUP SERVING (NOT INCLUDING BUN)** 189 CAL, 9.4 g FAT (3.6 g SAT), 15.1g PRO, 11.2 g CARB; 0.4 g FIBER; 455 mg SODIUM; 50 mg CHOL

### Tales from the table

"I told my daughter that carrots were good for her and would help her see better. She told me she wants to wear glasses when she grows up."
—CHRISTINA VIA FACEBOOK

### Well said

*Holy YUM! Even my three non-ground-beef-eating picky kids LOVED this and beg, beg, beg for it every day! I've made it three times in two weeks. I cut the sugar to 1½ teaspoons, and they don't miss it.*
—LYNNESKITCHEN

*Five stars and an A+. This is the perfect basic sloppy joes recipe. I won't be buying the canned stuff anymore.*
—ARNOLDMKR

*This is wonderful! My family loves it when I slice the top off hoagie buns, hollow out the shell, stuff with the hot sloppy joe meat, top with cheese and broil until the cheese melts. Save the bread from the buns for crumbs or whatever you need them for. I freeze mine.* —CHERYL

*Much better than Manwich and SO easy! The best thing is it's made with ingredients I always have in the house, and it's not a hundred ingredients either, so it's fast to make.* —AMERETTE

*Easy to make and VERY tasty! My whole family LOVED it!!!!!!! (Even my brother who is pickier than I am!) ;) LOL.*
—ATANANIGHT

*Perfect! My sister-in-law and I both have 4 kids each and have dinner together once a week. I was able to throw this all in the slow cooker and take it over. Not only was it quick, easy, and cheap for 12 people, but everyone loved it!!!*
—HSMOMOF4CRZYKDS

Blipp to see how to make this recipe, or go to armagazine.com/sloppy-joes-video

## Ham and Cheese Bowties

armagazine.com/ham-cheese-bowties

*"While this makes perfect use of leftover ham, there usually aren't any leftovers when I serve this! My family gobbles it right up."* —STEPHNDON

- 8 ounces farfalle (bowtie) pasta
- ¼ cup butter
- 1 clove garlic, minced
- ¼ cup all-purpose flour
- ½ teaspoon salt
- ⅛ teaspoon ground black pepper
- 2 cups milk
- ½ teaspoon prepared mustard
- 2½ cups shredded Colby cheese
- 4 ounces cooked ham, julienned
- ¼ cup grated Parmesan cheese

Preheat oven to 350 degrees F

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Meanwhile, in a large saucepan over medium heat, melt butter. Sauté garlic 30 seconds. Whisk in flour, salt, and pepper. Cook and stir until smooth. Pour in milk, a little at a time, stirring constantly. Bring to a boil for 1 minute. *[From our kitchen: To keep it smooth, whisk constantly for 1 minute after it reaches a boil.]* Stir in mustard and Colby. Continue to cook, stirring occasionally, until cheese is melted. Remove from heat and stir in pasta and ham.

Pour into a 2-quart baking dish. *[From our kitchen: An 8-inch square glass baking dish works well.]* Sprinkle with Parmesan.

Bake 20 to 25 minutes, or until bubbly and golden.

PER HEAPING-CUP SERVING 508 CAL, 29.7 g FAT (17.4 g SAT); 24.2 g PRO; 36.5 g CARB; 1.4 g FIBER; 859 mg SODIUM; 85 mg CHOL

**SUBMITTED BY** STEPHNDON
**PREP** 20 min
**COOK** 25 min
**READY IN** 45 min
**SERVES** 6 (makes 7 cups)
**RATING** ★★★★½
**285 reviews**

Try swapping in smoked turkey for the ham or, for a vegetarian twist, a cup of thawed frozen peas or edamame. If your picky eater doesn't like "strong" flavors, leave out the garlic.

### Tales from the table

"My 3-year-old won't eat anything with seasoning on it. She says it's 'too spicy.' The only options for her are adding butter, ketchup, and ranch dressing to food—preferably mixed together. Yuck." —KELLY VIA FACEBOOK

SAID

*Everyone liked this recipe, and in our house that's saying something! I leave out the mustard, and when we reheat (I double the recipe so we have leftovers), I add milk to make the sauce creamy again.* —PEETS

*Really great. My boyfriend said it was blazin'.* —KRISTA

*Since making this for the first time about five weeks ago, we've had it six times. The kids love it, I love it, and it's easy to put together.* —ITSMYLEE

*Delicious! The only thing I do differently is I use the packaged cubed ham. My boys love it! I also add a dash or two of cayenne pepper.* —LEAH BETH

*Best homemade mac 'n' cheese I've ever had!* —AACKER2005

allrecipes.com
5-STAR RATING

## Chef John's Italian Meatballs

armagazine.com/italian_meatballs

*"Homemade meatballs are very easy to make, and since we skip the very messy step of pan-frying these before they hit the sauce, it becomes downright simple. Here I use a standard half-beef/half-pork mixture. You can substitute water or beef broth for the milk, if preferred."* —CHEF JOHN

- **⅓ cup plain bread crumbs**
- **½ cup milk**
- **2 tablespoons olive oil**
- **1 onion, diced**
- **1 pound ground beef**
- **1 pound ground pork**
- **2 eggs**
- **¼ bunch fresh parsley, chopped (¼ cup)**
- **3 cloves garlic, crushed**
- **2 teaspoons salt**
- **1 teaspoon ground black pepper**
- **½ teaspoon red pepper flakes**
- **1 teaspoon dried Italian herb seasoning**
- **2 tablespoons grated Parmesan cheese**

1. Cover a baking sheet with foil and spray lightly with cooking spray. *[From our kitchen: We used 2 rimmed baking sheets to hold all the meatballs and catch the drips.]*
2. Soak bread crumbs in milk in a small bowl for 20 minutes. *[From our kitchen: If you soak the bread crumbs in the same large bowl that you mix the meatball mixture in, you'll have one less bowl to clean.]*
3. Heat olive oil in a skillet over medium heat. Cook and stir onion in hot oil until translucent, about 20 minutes. *[From our kitchen: For softer garlic and milder flavor, add the garlic to the onions during the last 2 minutes of cooking. Be sure to let the mixture cool to room temperature before adding it to the meat.]*
4. Mix beef and pork together in a large bowl. Stir onion, bread-crumb mixture, eggs, parsley, garlic, salt, black pepper, red pepper flakes, Italian herb seasoning, and Parmesan cheese into meat mixture with a rubber spatula until combined. Cover and refrigerate for about 1 hour.
5. Preheat oven to 425 degrees F.
6. Using wet hands, form meat mixture into balls about 1½ inches in diameter. Arrange on prepared baking sheet. *[From our kitchen: We found that gloved hands make for easier mixing than a spatula, and a small ice cream or cookie scoop makes fast work of shaping.]*
7. Bake until browned and cooked through, 15 to 20 minutes. *[From our kitchen: Rotate the pans halfway through for even browning.]*

**Note from Chef John:** Some recipes use equal portions of beef, veal, and pork, which is also nice, yet more expensive. These days you can find all sorts of lean-to-fat ratios for ground beef. Most stores sell 90 percent lean, 10 percent fat, but I prefer the 80 percent lean, 20 percent fat ratio for this recipe. Once cooked, you can add the meatballs to your favorite prepared tomato sauce for 1 to 2 hours.

PER 1-MEATBALL SERVING 82 CAL, 5.5 g FAT (1.9 g SAT), 6.2 g PRO; 1.7 g CARB; 0.2 g FIBER; 192 mg SODIUM; 34 mg CHOL

Flip to see how to make this recipe (details on page 4), or go to armagazine.com/italian-meatballs-video

### Tales from the table

"I was forced to eat beets repeatedly as a child. They continue to gag me into my adulthood. No one is allowed to eat beets in my home. My children are not allowed to eat beets until they move out."
—MARIA VIA FACEBOOK

"My oldest son hates tomatoes but loves spaghetti. I would always seed and peel the tomatoes and purée them when making sauce. So when he went into the Marines, he called me, mad as heck, because he got spaghetti (not realizing the tomato thing) and had to do 125 pushups for picking out the chunks of tomato!" —WANDA VIA FACEBOOK

"I offered my 5-year-old son 25 cents if he'd try eating a roasted Brussels sprout (I was SO SURE he would like it if he'd just try it.) He took one small bite, looked completely stricken, then vomited. He earned his 25 cents."
—MAUREEN VIA FACEBOOK

"My little sister refused to eat pancakes unless my dad shaped them into a kitty."
—SETH VIA FACEBOOK

SAID

*My biggest praise for these meatballs is that I made a double batch (without changing the recipe), froze them into weekly portions, and after thawing a handful of them in sauce last night, they held their meatball shape and didn't fall apart! So I don't know what of CJ's method, or ingredients, resulted in a firm (oh yes, and scrumptious!) meatball, but I think this recipe has replaced AR's 'Meatball Nirvana' in our house from now on.*
—ROCK_LOBSTER

*I made it gluten-free by toasting gluten-free bread and chopping it up in the food processor and using ⅓ cup of milk. I also used oregano, thyme, and basil instead of an Italian seasoning mix and cut the onion in half. We loved these! Totally worth the time.* —ELI

*These are amazing. I decided to go a gluten-free route and used crushed up gluten-free pretzels as bread crumbs. Absolutely delish!*
—SNOSIN

*BEST MEATBALLS EVER!!! My 6-year-old hates meatballs, but I made her try one of these anyway. She went back and attempted to load her plate down with as many as she could get! I did make one major change: Instead of the ground pork, I used a 10-ounce package of chopped spinach (squeeze all the water out after thawing). I had to stop myself from eating these before dinnertime! YUMMY!!!!!*
—MISS PUSTY

That's one spicy meat-a-ball! If you're serving spice-sensitive eaters, use a little less black pepper and red pepper flakes and a bit more Parmesan cheese. And if you don't need all those meatballs just now, you can freeze uncooked extras and bake them, without thawing and for a few minutes longer than the recipe says, when you're ready.

**SUBMITTED BY**
Chef John

**PREP** 25 min

**COOK** 35 min

**READY IN**
2 hr, 20 min

**MAKES**
30 meatballs

**RATING**
★ ★ ★ ★ ★
174 reviews

**SUBMITTED BY** Susie P
**PREP** 15 min
**COOK** 35 min
**READY IN** 1 hr. 10 min
**SERVES** 12
**RATING** ★★★★★ 1 review

If you need to "sneak" vegetables into your picky eaters, chop the broccoli very finely so it will blend in—they'll never notice the green for all the cheese.

Hidden Gem

allrecipes.com 5 STAR RATING

## Broccoli Cornbread with Cheese

armagazine.com/broccoli-cornbread

*"This moist bread with a sweet corn flavor can be served as a side dish with any meaty entrée. Adding cheddar cheese helps seal the deal to convert the picky broccoli hater."* —SUSIE P

- **1 cup cottage cheese**
- **¾ cup butter, melted**
- **4 eggs**
- **2 (8.5-ounce) packages corn muffin mix**
- **1 (10-ounce) package frozen chopped broccoli, thawed** *[From our kitchen: To avoid damp spots in your cornbread, drain the broccoli well and squeeze it dry with paper towels.]*
- **1 large onion, chopped**
- **1½ cups shredded cheddar cheese, divided** *[From our kitchen: The corn muffin mix is slightly sweet, so if you'd like your bread a little less so, go with an extra-sharp cheddar.]*

1. Preheat oven to 375 degrees F. Grease a 9x13-inch baking dish.
2. Beat cottage cheese, butter, and eggs in a large bowl. Stir corn muffin mix into butter mixture until just moistened. Fold in broccoli, onion, and 1 cup cheddar cheese. Pour batter into prepared baking dish and sprinkle with remaining ½ cup cheddar cheese.
3. Bake until a toothpick inserted into the center comes out clean, 35 to 40 minutes. Cool in the pan for 10 minutes before slicing and serving warm. *[From our kitchen: Ours puffed and started to pull away from the sides of the pan after 35 minutes but needed an additional 10 minutes to cook in the center.]*

**PER 1-PIECE SERVING** 366 CAL, 22.6 g FAT (12.2 g SAT); 12.1 g PRO; 29.6 g CARB; 1.2 g FIBER; 914 mg SODIUM; 120 mg CHOL

SAID

***"I made this for my picky husband (who literally gags at the smell or taste of broccoli), and he loved it. His exact word: 'INCREDIBLE.' Every time I make this for company, my friends ask for the recipe. They can't believe how their kids gobble up broccoli (and onions, too).*** —SUSIE P

### Tales from the table

"My 3-year-old will not eat melted cheese. Regular cheese is her favorite, but if we try to have her eat anything with melted cheese she gags. Kids are weird." —AMANDA VIA FACEBOOK

"We had 'the great carrot incident of 2007.' My son refused to even eat just one carrot. The standoff lasted 4½ hours—with him sitting at the table refusing to eat it." —ALICIA VIA FACEBOOK

Commiserate with other Allrecipeeps who are coping with picky eaters at armagazine.com/the-buzz

# Broiled Tilapia Parmesan

armagazine.com/parmesan_tilapia

*"Easy and done in minutes! The fish is broiled with a creamy cheese coating for an impressive flavor."* —PHOEBE

- ½ cup grated Parmesan cheese
- ¼ cup butter, softened *[From our kitchen: Like other reviewers, we found 3 tablespoons of butter was plenty.]*
- 3 tablespoons mayonnaise
- 2 tablespoons fresh lemon juice
- ¼ teaspoon dried basil
- ¼ teaspoon ground black pepper
- ⅛ teaspoon onion powder
- ⅛ teaspoon celery salt
- 2 pounds tilapia fillets

1. Preheat broiler. Grease a broiling pan or line pan with aluminum foil.
2. In a small bowl, mix together Parmesan cheese, butter, mayonnaise, and lemon juice. Stir in dried basil, pepper, onion powder, and celery salt. Mix well and set aside.
3. Arrange fillets in a single layer on the prepared pan. Broil a few inches from the heat for 2 to 3 minutes. Flip the fillets over and broil for a couple more minutes. Remove the fillets from the oven and spread the Parmesan cheese mixture over the tops. Broil for 2 more minutes or until the topping is browned and fish flakes easily with a fork. Be careful not to overcook the fish. *[From our kitchen: If you're afraid of flipping delicate fillets, try this no-flip variation. Place the fillets 4 to 6 inches from the heat source, broil for 1 minute, top with the Parmesan mixture, and broil 2 to 3 minutes longer; that's all it takes for the fish to be cooked through. No flipping!]*

PER 4-OUNCE SERVING 224 CAL, 12.8 g FAT (5.4 g SAT), 25.4 g PRO; 0.8 g CARB; 0.1 g FIBER; 220 mg SODIUM; 63 mg CHOL

Blipp it, watch it, cook it! Or go to armagazine.com/parmesan-tilapia-video

A perfect meal for the connoisseur of white food! You also can try this topping and broiler method with thin fillets of other white-fleshed fish, such as catfish, flounder, or snapper.

SUBMITTED BY
Phoebe
PREP 8 min
COOK 7 min
READY IN 15 min
SERVES 8
RATING
★★★★½
6,301 reviews

SAID

*Anybody who knows me knows that I would rather gouge out my own eyeballs with a fishhook than actually eat a fish, but this recipe is incredible! I love it!! The topping melts into this crust that is deeeeeeee-li-cious!* —MARLENA C.

*I add about ½ cup of bread crumbs to the cheese mixture, which creates a nice texture. Seasoning the fish with a bit of Old Bay seasoning, as others have done, really adds to the flavor. Thank you for helping us eat fish on a regular basis, Phoebe!* —SHANNON

*I am a fish lover, while my wife normally hates fish. Consequently, getting a fish entrée in our home during our 35-year marriage has been a super rare occasion. Now, she LOVES this recipe too, and I am one happy guy!* —TRUANT

## Tales from the table

"When my daughter was little, she kept a bite of fish in her mouth for 45 minutes. She refused to swallow it, and we would not let her spit it out. She caused herself to taste it for so much longer than if she had just swallowed it down! She ended up a vegetarian. I wonder if there's a connection!"
—AMY VIA FACEBOOK

Dip is often a good incentive to get picky eaters to eat their vegetables. We left out the parsley flakes to minimize the green specks.

**SUBMITTED BY** CATWOMAN2
**PREP** 10 min
**READY IN** 8 hr 10 min (overnight)
**MAKES** 2 cups
**RATING** ★★★★★
**86 reviews**

**SUBMITTED BY** Kate
**PREP** 15 min
**COOK** 10 min
**READY IN** 2 hr 25 min
**SERVES** 4
**RATING** ★★★★½
**151 reviews**

## Teriyaki Marinated Chicken

armagazine.com/teriyaki-chicken

*"I searched for a long time to find a teriyaki marinade with a flavor as good as what you find in some restaurants, with the right amount of sweet and salty. Finally I made up my own recipe where the flavor increases the longer you marinate."* –KATE

- **1 (6-ounce) can pineapple juice**
- **¼ cup vegetable oil** *[From our kitchen: We found that the marinade infused the chicken a bit more if we used a little less oil, 3 tablespoons instead of ¼ cup, here.]*
- **¼ cup soy sauce**
- **3 tablespoons brown sugar**
- **½ teaspoon garlic powder**
- **¼ teaspoon ground black pepper**
- **4 (6-ounce) skinless, boneless chicken breast halves** *[From our kitchen: Pounding out the thickest part of the chicken will help the breasts cook more evenly.]*

In a medium bowl, mix pineapple juice, vegetable oil, soy sauce, brown sugar, garlic powder, and black pepper. Place chicken in the bowl and turn to coat with the mixture. Cover and marinate in the refrigerator at least 2 hours. *[From our kitchen: For easy cleanup and better contact with the marinade, place the chicken and marinade in a gallon-sized zip-top plastic bag. Marinate 8 hours for a more intense flavor.]*

Preheat broiler. *[From our kitchen: For best results, place the broiler rack 4 to 6 inches from the heat. You can also prepare this on a grill over medium-low heat.]*

Remove chicken from marinade and place on a rimmed baking sheet lined with foil. Broil 5 minutes on each side, or until no longer pink and juices run clear. Discard remaining marinade.

**PER 6-OUNCE SERVING** 321 CAL; 15.2 g FAT (2.5 g SAT); 28.5 g PRO; 17 g CARB; 0.3 g FIBER; 982 mg SODIUM; 68 mg CHOL

SAID

***"My oldest kid loves his sauces and dips, so he is very picky about what he likes and dislikes, and he absolutely loves this one. Thank you very much for posting. I will make it again and again."*** –ILOVEMY4KIDS

***A number of reviewers have said they used leftover marinade for a sauce. Marinades used with raw meat need to be boiled for a few minutes to be safe to eat (because of possible bacteria in raw meat). It is safer to make extra marinade and reserve some to be used as sauce.*** –RECIPE COLLECTOR

### Tales from the table

"My sister used to absolutely hate wax beans—until the day my dad told her they would give her big boobs when she got older. Then she never could get enough of them."
—KARL VIA FACEBOOK

"My 16-month-old daughter will only eat chicken nuggets and her snacks out of a sand pail." –JENNIFER VIA FACEBOOK

allrecipes.com
5-STAR RATING

## Vegetable Dill Dip

armagazine.com/dill-dip

*"This is a very good tasting recipe that was given to me by my mother. Try it. You will like it. Everyone who has had this raves about it. It's best if made a day or several hours ahead."*
—CATWOMAN2

- **1 cup sour cream**
- **1 cup mayonnaise**
- **1 tablespoon dried dill weed** *[From our kitchen: If you've got them on hand, you could swap in 2 tablespoons each of finely chopped fresh dill, parsley, and minced chives for the dried herbs and onion.]*
- **1 tablespoon minced onion**
- **1 tablespoon dried parsley**
- **1 teaspoon Beau Monde seasoning**

Stir sour cream, mayonnaise, dill, onion, parsley, and Beau Monde seasoning in a bowl. Cover and refrigerate 8 hours (overnight). *[From our kitchen: If you're in a hurry, 4 hours is long enough to soften the dried herbs.]*

**PER 2-TABLESPOON SERVING** 130 CAL, 13.9 g FAT (3.5 g SAT); 0.6 g PRO; 1.3 g CARB; 0.1 g FIBER; 87 mg SODIUM; 12 mg CHOL

SAID

*Great easy recipe. My 4-year-old helped make it, and he loved it. We added 3 oz or so of softened cream cheese, omitted the parsley since I had none, and added a little pepper and garlic powder.*
—AEMAZA

*I was on a mission to make myself a low-fat dill dip for healthy snacks. I substituted fat-free sour cream and light mayo to bring the calorie count down. I'm sure the regular version would be fantastic as well! Thanks for posting this, CATWOMAN2!* —JENNIE

*This is totally addicting! I made it exactly as written, and served it at a graduation party. All my guests scarfed it. This is my new favorite dip recipe!* —PDKOST

*EVERYONE loved this dip. It is really easy to make. I didn't have any Beau Monde seasoning so I just used a seasoning salt. The onion is really strong, and I love onion, so you might want to add and taste as you go.*
—JENNYFUFU

### Tales from the table

"Growing up, and maybe a little bit still today, my brother hated lettuce, tomatoes, and onions on his hoagie. So one day, on our way to a Phillies game, he was making a fuss in the backseat about the lettuce, tomatoes, and onions. Dad said, 'Here, let me see that!' My dad took the sandwich, opened his window, and threw the entire hoagie out the window onto the Schuylkill Expressway!" —STEPHANIE VIA FACEBOOK

Beau Monde seasoning—a "secret" blend of celery salt, pepper, and cinnamon, among other spices—is made by Spice Islands. If you can't find it where you live, make a similar seasoning at home: armagazine.com/almost-beau-monde

PHOTO | TOP RIGHT: GETTY

## WHY KIDS ARE PICKY EATERS
### *(and why it's no big whoop)*

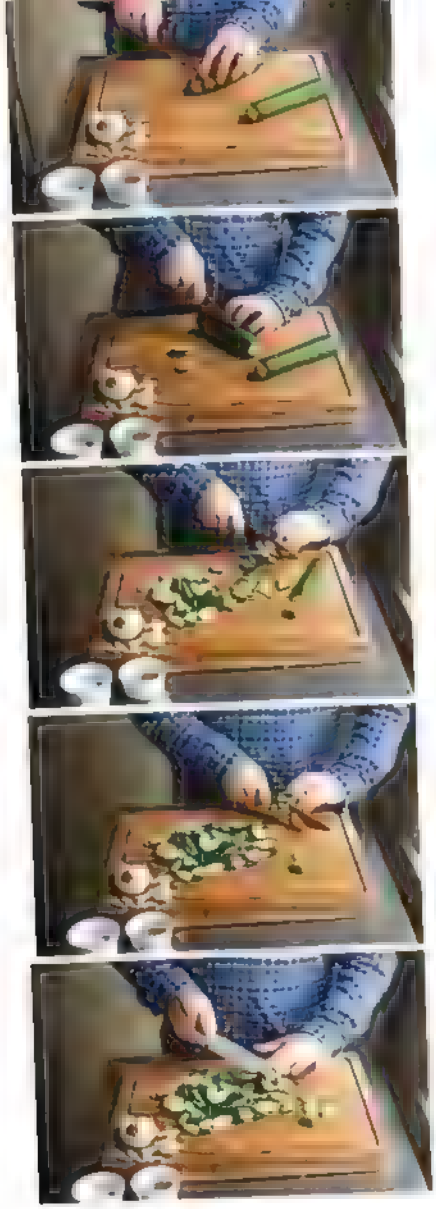
No one's children could be pickier than mine were, and they grew up to be strong, healthy adults. And one of them just had a strong, healthy baby who will no doubt become a picky eater as soon as she's a toddler. Toddlerhood tends to be when pickiness strikes. Babies who formerly wolfed down wasabi suddenly gag at the sight of anything green, any food that's touching other food, and any plate containing foods that are "hot and mixed," as my nephew put it. (He meant things with multiple ingredients, like lasagna.)

Back in caveman days, this fear of new things may have helped little kids survive. Before babysitters and baby gates, a cave toddler could wander away from her parents and eat dangerous food—deadly roots and poisonous berries—at every turn. She was better off if she shunned unaccustomed foods as soon as she could gather them herself.

If caveman theories don't cheer you up, here are more recent explanations for the fact that your son lives on cereal and chips.

- Pickiness is a normal part of development. Kids aged 2 to 6 are generally the pickiest. Children become more adventurous eaters at their own pace.
- Babies need a lot of food and, therefore, tend to like a large variety. As their growth rate slows, they become less interested in trying new stuff.
- Kids need less protein than you think. As long as your child consumes enough calories—not generally a problem in the U.S.—he'll get enough protein.
- Most pickiness is genetically linked—and some foods that you like may genuinely taste revolting to a picky eater.
- Kids often are sensitive to texture, not just taste.
- Bribing children to eat a certain food will not make them like it. They may be more willing to try unfamiliar dishes, however, when they see other kids eating them.

The good news is that it's very unlikely that your picky children will still be picky eaters as adults. It's even less likely that they'll suffer from any kind of nutritional disease. So let's stop worrying—and remember how lucky our kids are to have enough to eat in the first place. —ANNHOY



# MAKE A (FOOD) WISH

**Chef John**—wry, relaxed, beloved video guru of Allrecipes.com, and former line cook and caterer—believes you'll never gain the confidence to cook from just reading a recipe. You need to watch and learn. BY NANETTE27

THE FIRST THING YOU FIND OUT WHEN you watch a Food Wishes how-to video by John Mitzewich (or Chef John, as he's known to millions of fans) is that, in his kitchen, anytime is the right time for a joke.

"A hollandaise can sense fear," Mitzewich quips as he instructs viewers to tackle a velvety egg sauce head-on. Or, when tying a cheesecloth-wrapped ball of homemade cream cheese to a stuck to drain: "I'm having Halloween flashbacks right now. Did anyone else's parents dress them as hobos so they wouldn't have to go out and buy a costume?"

The second thing you learn: In the nearly 900 online videos he's produced, the only part of him you'll see are his hands, doing what good cooks' hands do—seeding, slicing, sautéing.

"I didn't want to do another 'stand and stir' show," he says. But who cares about a face when you've got that voice? Chef John's jocular, yet soothing words are just what you need when you've had a bad day. They assure you that you can make a baguette from



PHOTOGRAPHS BY ERIN KUNKEL

John keeps the camera aimed at the counter so his videos can be "all hands." John and Michele's barbecue sauce is outrageously good.

scratch, that cooking a burger to a perfect medium rare is not "rocket surgery" (his mash-up); and that no matter how many times you've screwed up in the kitchen, this time everything's going to turn out just fine.

Who wouldn't want to learn to cook with this guy?

"I was a fan of Nigella Lawson and Jamie Oliver and their early television shows," Mitzewich says. "They're relaxed and having fun. I borrowed from that. I want my videos to be like we're friends hanging out. We're in this together."

Together indeed. With 600,000-plus subscribers to his YouTube channel (youtube.com/foodwishes)—and more than 100 million video views—Chef John has cultivated plenty of friends to hang out and cook with. Oh, and did we mention the thousands who subscribe to his Food Wishes blog? (foodwishes.blogspot.com)

"You'll never learn to cook with just a recipe," says Mitzewich, who, as a kid growing up in the tiny town of Shortsville, New York, learned by watching his Italian mother, grandmother, and Uncle Bill make everything from homemade sausage to fettuccine from scratch (his dad's family is Ukrainian and Polish). "My parents owned their own dry cleaning business. That generation worked dawn to dusk. So I started cooking meals when I was 10 or 11."

A culinary graduate of Paul Smith's College in rural Paul Smiths, New York, Mitzewich didn't initially fancy himself a teacher. He worked at restaurants and the San Francisco Opera House, and did years of catering. But then he took an instructor job at the California Culinary Academy in San Francisco, and found it was a great fit.

After five years, he thought, "Why teach a few dozen cooks in a classroom when you can go online and teach thousands?" Mitzewich began with little more than a cheap microphone and a video camera in his home kitchen to produce a one-man cooking school and blog. Because the lessons were based on reader requests—from the simple (mac and cheese) to the complex (duck confit)—he dubbed it Food Wishes. His mission: to help people to enjoy homemade food as much as he does. Chef John, whose videos average three to five minutes, notes that home cooking can be as fast as driving across town to go to the drive-thru. "So why not cook?"

The combination of clear, no-nonsense instruction and Mitzewich's dry humor and back-to-basics production values (he describes his production style as "shabby chic") struck a chord with viewers, and their wishes poured in. YouTube took notice, and asked him to become a content partner, producing two to three videos a week. Traditional food magazines appreciated Mitzewich's style, too. *Saveur* named Food Wishes "Most Innovative Video Content" in their Food Blog Awards in 2010. In 2011, he joined

John claims Michele is the foodie in the house—he doesn't keep up with trendy gourmet stuff. Here's the squash bird that helped his career take flight.

forces with Allrecipes.com, where he reaches a huge community of cooks who love to share ideas

One not-to-be-missed Mitzewich video offers a snapshot of a cook sans attitude but with plenty of chutzpah. It details his "squash bird," a food centerpiece he dreamed up as a chef at Glacier National Park to prove his *garde-manger* chops—skills he had, well, exaggerated to his colleagues. (A *garde-manger* prepares cold food and is often the chef charged with creating elaborate ice carvings and fanciful hors d'oeuvres.) To the chagrin of his fellow hotshot young chefs, Mitzewich made a goofy bird out of a yellow crookneck squash for a body, carved carrots for a beak and feet, and used a scallion for a tail. "Much to my shock, [customers] loved the squash bird," he laughs. "I got away with it, and was the hit of the buffet." Then the real shock: Through his bluff, he was recommended and hired as *garde-manger* for the San Francisco Opera House. "I read a book on how to do *garde manger* on the bus out there!"

A San Franciscan since his days at the Opera House, Mitzewich loves having access to California's year-round bounty, but has never fallen for what he calls the "food as sport" aspect of the city. "I'm not the foodie that reads all the magazines and cookbooks," says Mitzewich, who adds that his wife, Michele, is the member of the family who's up on what's shakin' in the food world, even concocting food products of her own. (The couple invented a BBQ sauce they dubbed SFQ for its San Fran flavors of chocolate, coffee, and aged wine vinegar; it's sold at Whole Foods Markets, among others, and online at sfqinfo.blogspot.com.)

***"I'm anti-written recipe when it comes to teaching culinary skills. Recipes are fine for recording a dish, but to really learn, one must be able to cook without instructions. It's analogous to painting by numbers."***

Has success changed Chef John? Well, he says, laughing, "I've upgraded to a $50 microphone, but it's still just me in my kitchen with a camera—no lighting, no nothing, just a voice-over." Some of the cooking shows out there are beautiful to look at, and some feature trendy techniques like molecular gastronomy. "But people aren't intimidated by what I do. And that's exactly what I'm going to keep on doing."

Check out an entire collection of Chef John's videos at allrecipes.com/food-wishes

PHOTOGRAPHS BY SHERI GIBLIN

# PLAY Squash

This is the time of year when winter squashes get their 15 minutes of produce-department fame. Skinny or squatty, striped or technicolored, bumpy or smooth—what all these squashes have in common is a hard skin that hides sweet (and versatile) flesh inside. Let this fr[illegible] host of characters [illegible] promise they'll [illegible]

## SPINACH AND SPAGHETTI SQUASH QUICHE

armagazine.com/spaghetti-squash-quiche

*"A great quiche that doesn't go straight to your hips or take you off your diet."* —CILLIA

- **1 small spaghetti squash**
- **1 beaten egg**
- **3 egg whites**
- **1 (12-ounce) can evaporated skim milk**
- **1 cup shredded part-skim mozzarella cheese**
- **½ cup frozen chopped spinach, thawed, drained, and squeezed dry** *[From our kitchen: You'll have to thaw a whole 10-ounce package of spinach, and then measure out the ½ cup.]*
- **Cooking spray**
- **⅓ cup dried bread crumbs**

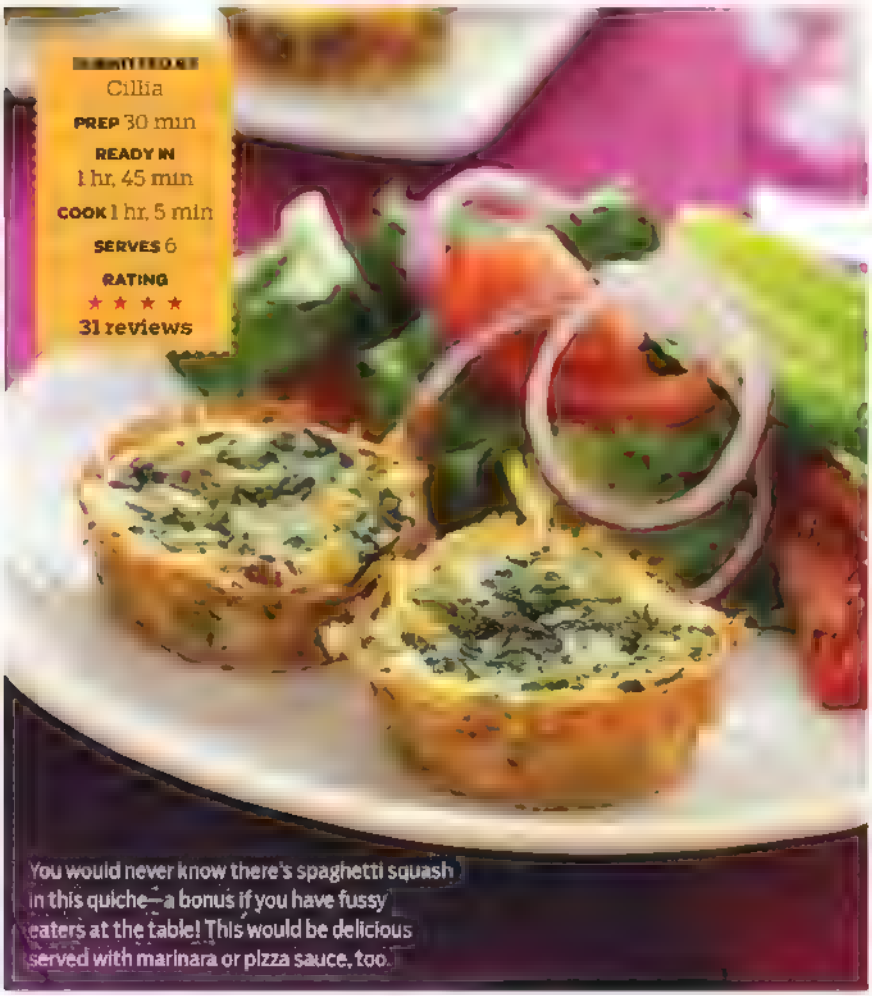
O Preheat oven to 350 degrees F

O Pierce squash several times with a fork, and place in a microwave-safe dish. Microwave on high for 10 minutes, turn over, and continue cooking 10 minutes more. Squash flesh should be very tender when pierced with a fork. Set aside to cool.

O Cut squash in half lengthwise and scoop out seeds. Shred ½ cup of squash and place in a mixing bowl. *[From our kitchen: Save the extra squash for one of our other recipes!]* Stir in egg, egg whites, evaporated milk, mozzarella cheese, and spinach until well combined. Spray a 9-inch pie plate or quiche dish, or ½-cup muffin tin, with cooking spray. Spread bread crumbs in the bottom and around the sides to coat. Pour egg mixture into prepared dish or tin.

O Bake quiche 40 to 45 minutes (30 to 35 if using muffin tin), or until a knife inserted in the center comes out clean. Allow to cool for at least 10 minutes before cutting. Serve warm or at room temperature.

**PER 4-OUNCE SERVING** 145 CAL, 4.5 g FAT (2.4 g SAT), 13 g PRO; 12.9 g CARB; 0.8 g FIBER; 290 mg SODIUM; 44 mg CHOL



SUBMITTED BY
Cillia
**PREP** 30 min
**READY IN** 1 hr, 45 min
**COOK** 1 hr, 5 min
**SERVES** 6
**RATING**
★ ★ ★ ★
**31 reviews**

You would never know there's spaghetti squash in this quiche—a bonus if you have fussy eaters at the table! This would be delicious served with marinara or pizza sauce, too.

### WHAT THEY SAID

***Wonderful recipe! I added some caramelized onions with mushrooms and bacon and it was great! I didn't tell the kids what was in the quiche and they all ate it for lunch, licking their fingers! Don't forget to add some salt and pepper.*** —C_PAULA

***I sauté red peppers, onion & garlic together, then add the spinach to dry it out even more; then let it cool before adding it to the cheese & eggs. I did use the Italian bread crumbs too. I love it. And with this, it's only 3 points for Weight Watchers : )*** —MOLLY1

***I found this recipe bland as is, but it's one of the most awesome base recipes ever. With add-ins, you could change this to BBQ, Thai, Mexican, Indian—whatever you feel like that night! I threw in literally most of our leftovers and it came out great! About ¼ cup diced of each: leftover chicken, mushrooms, onion, cilantro, bleu cheese, and green pepper. It was fan-TASTIC, and was gone by the end of the evening! I will go to this recipe over and over again to refresh my leftovers!!!*** —SSHARP

**SUBMITTED BY** kphani
**PREP** 15 min
**COOK** 1 hr
**READY IN** 1 hr 15 min
**MAKES** 4 patties

We were so impressed with these veggie burgers—they're way better than storebought, and the texture is pleasantly firm instead of weirdly squishy, like some veggie burgers.

Hidden Gem

## DELICATA SQUASH BURGER PATTIES

armagazine.com/squash_burgers

*"Hey vegetarians! I came up with a scrumptious way to eat burgers. And found this weird striped little squash. I'm not a vegetarian anymore, but I still make it often because it's so good! Serve as burgers or by itself with a side of green salad, rice, or potatoes. The mixture also makes wonderful ravioli stuffing."* — KPHANI

- **1 delicata squash, halved lengthwise and seeded** *[From our kitchen: Our squash was about ¾ pound.]*
- **1 tablespoon olive oil (optional)**
- **Salt and black pepper to taste**
- **2 tablespoons butter**
- **1 shallot, minced**
- **1 clove garlic, minced**
- **6 oil-packed sun-dried tomatoes, chopped** *[From our kitchen: Don't substitute dry tomatoes for the oil-packed—they need the moisture to blend properly!]*
- **1 cup dried bread crumbs, or more if needed**
- **1 egg, beaten**
- **¼ cup grated Parmesan cheese**
- **¼ cup vegetable oil, or as needed**

O Preheat an oven to 475 degrees F.

O Place squash halves on a baking sheet, then drizzle with olive oil (if using) and season with salt and pepper. Bake, cut sides down until tender, about 45 minutes. *[From our kitchen: We roasted our squash at 375 degrees F for 30 minutes, 475 is too high for a small squash like this.]* Remove from oven and cool. Cut flesh into cubes. *[From our kitchen: The flesh was too soft for us to cube, so we just scooped it out with a spoon.]*

O Heat butter in a skillet over medium heat; cook and stir shallot and garlic in the melted butter until shallot is transparent, 5 to 10 minutes. Add sun-dried tomatoes; cook until softened, 2 to 3 minutes. Mash squash cubes into shallot mixture until relatively smooth. Remove from heat; transfer mixture to a bowl, and cool for 2 to 3 minutes.

O Stir bread crumbs, egg, and Parmesan cheese into squash mixture. Add more bread crumbs if mixture is too sticky to handle. Season with salt and pepper. Shape mixture into 4 patties, each about 3½ to 4 inches in diameter and ¾ inch thick.

O Heat vegetable oil in a large frying pan over medium-high heat; cook patties in the hot oil until browned, 4 to 5 minutes per side.

**PER 1-PATTY SERVING** 299 CAL, 14.7 g FAT (5.9 g SAT); 8.8 g PRO; 35 g CARB; 3.3 g FIBER; 497 mg SODIUM; 73 mg CHOL

We loved the hearty flavors of the mushrooms and kale with the pesto and Parmesan cheese—good as a side dish or a vegetarian main. And it's a smart way to sneak kale into a meal for people who aren't usually big fans

**SUBMITTED BY**
Shyla Lane

**PREP** 20 min

**COOK** 1 hr 5 min

**READY IN**
1 hr 40 min

**SERVES**
2 as a main or 6 as a side dish (4 cups total)

**RATING**
★ ★ ★ ★ ★
**20 reviews**

## PESTO SPAGHETTI SQUASH

allrecipes.com ★★★★★ 5-STAR RATING

armagazine.com/pesto-spaghetti-squash

*"When making this meal for the first time, I wanted to use items I would normally incorporate with pasta, such as pesto and mushrooms. Combining all of these things together creates a wonderful dish that most people would enjoy; I know I did! Serve with some garlic bread and mashed potatoes. Enjoy!"* —SHYLA LANE

- **1 spaghetti squash, halved lengthwise and seeded**
- **3 tablespoons butter, divided**
- **1 onion, thinly sliced**
- **1 cup kale, stems removed and leaves chopped**
- **4 white mushrooms, sliced (about 4 ounces)**
- **1 teaspoon garlic salt**
- **1 teaspoon Italian seasoning**
- **1 teaspoon red pepper flakes**
  *[From our kitchen: We loved the spicy kick from the pepper flakes, but if you're serving family members who are sensitive to spice, consider taking it down to ½ teaspoon.]*
- **1 teaspoon olive oil**
- **2 tablespoons prepared pesto**
- **¼ cup grated Parmesan cheese**

Preheat oven to 400 degrees F. Grease a baking sheet.

Place squash, cut sides down, on prepared baking sheet. Bake until cooked through, about 1 hour. *[From our kitchen: Our squash was ready within 40 to 45 minutes.]* Remove from oven, cool for 10 minutes. Once squash is cool enough to handle, scrape flesh into string-like strands with a fork. Place in a bowl and set aside.

Melt 1 tablespoon butter in a large skillet over medium-high heat. Add onion; cook and stir until onion begins to turn translucent. Stir in kale and mushrooms; reduce heat to medium-low.

Stir in squash, remaining 2 tablespoons butter, garlic salt, Italian seasoning, and red pepper flakes; cook for 2 minutes. Remove from stove and place squash mixture in a large bowl.

Stir olive oil and pesto into the squash mixture. Slowly add grated Parmesan cheese, stirring until evenly mixed.

**PER 1-CUP SERVING** 251 CAL, 15.6 g FAT (7.3 g SAT), 6.4 g PRO, 26 g CARB, 6 g FIBER, 445 mg SODIUM, 29.5 mg CHOL

SAID

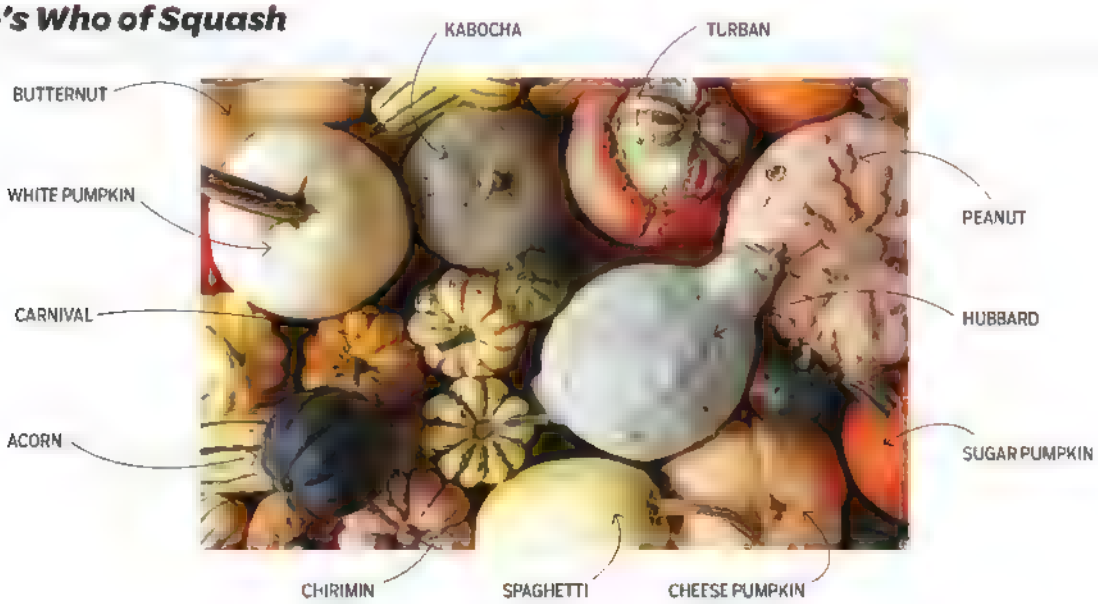
***Excellent! My husband is a big pasta eater and loved this as a substitute. I used fresh spinach instead of kale, grated fresh garlic, and just used the Parmesan as a garnish. This will definitely go into our meal rotation.*** —PTIANNE

***YUM! My husband and I loved this. I added some baked chicken breasts cut into bite-sized pieces to make it a main dish.*** —JULIE

***This is a great recipe. I did change it up a bit to suit my taste. I used spinach instead of kale, two cloves of fresh garlic, Italian parsley, and scallions. Added ½ cup of moscato wine and a little heavy cream to make a richer sauce; also added sweet Italian sausage to make it an entrée. Delish.*** —MUN9

*I never thought spaghetti squash could truly replace spaghetti, but this recipe is one of the best things I've ever cooked! In the future, I might cut the butter and salt in half to see how it tastes, but this recipe is definitely spot-on!* E. [illegible] RT

### Who's Who of Squash



## MOROCCAN-STYLE STUFFED ACORN SQUASH

allrecipes.com/stuffed-acorn-squash

*"Vegetables, garbanzos, raisins, and couscous in a lovely Moroccan broth taste delicious inside butter and brown sugar-brushed acorn squash. You can experiment with different vegetables, or add diced chicken. Feel free to be creative with your amounts. I usually freestyle and end up with leftover stuffing mixture, which tastes great on its own the next day. For vegetarians, substitute vegetable broth for the chicken broth."* –TRUCKERDOO

- **2 large acorn squash (about 1¾ pounds each), halved and seeded**
- **2 tablespoons brown sugar**
- **1 tablespoon butter, melted**
  *[From our kitchen: We found that using 2 tablespoons butter allowed the sugar to dissolve properly.]*
- **2 tablespoons olive oil**
- **2 cloves garlic, minced**
- **2 stalks celery, chopped**
- **2 carrots, chopped**
- **1 cup garbanzo beans, drained**
- **½ cup raisins**
- **1½ tablespoons ground cumin**
  *[From our kitchen: The cumin flavor is very strong in this recipe, so if you're not a huge fan, you may want to drop it down to 2 to 3 teaspoons.]*
- **Salt and black pepper to taste**
- **1 (14-ounce) can chicken broth**
- **1 cup uncooked couscous**

1. Preheat oven to 350 degrees F.
2. Arrange squash halves cut side down on a baking sheet. Bake 30 minutes, or until tender. Dissolve the sugar in the melted butter. Brush squash with the butter mixture and keep squash warm while preparing the stuffing.
3. Heat the olive oil in a skillet over medium heat. Stir in the garlic, celery, and carrots, and cook 5 minutes. Mix in the garbanzo beans and raisins. Add cumin, salt and pepper to taste, and continue to cook and stir until vegetables are tender.
4. Pour the chicken broth into the skillet, and mix in the couscous. Cover skillet, and turn off heat. Allow couscous to absorb liquid for 5 minutes. Stuff squash halves with the skillet mixture to serve.

**PER ½-SQUASH SERVING** 502 CAL, 11.7 g FAT (3 g SAT), 11.2 g PRO, 93.8 g CARB, 10.7 g FIBER, 825 mg SODIUM, 10 mg CHOL

Don't be shy about swapping in your own favorite veggies, and even adding chicken or sausage. The leftover stuffing tastes great on its own, so you can use it as a side dish for another meal.

**SUBMITTED BY** TRUCKERDOO
**PREP** 15 min
**COOK** 40 min
**READY IN** 1 hr
**SERVES** 4
**RATING** ★★★★½
**277 reviews**

SAID

*I added about a tablespoon of cinnamon. Highly recommend this—it REALLY makes the flavor more complex and adds another dimension. I also added ground turkey! I'm sure it would have been good without it, but this way it was a full meal in and of itself. Served with a salad, and it was a hit. Next time, I think we'll try lamb.* —BECKY

*Yum! I find the presentation a little fussy, so I cube the squash, lay it out in a rectangular baking dish, and spread the couscous mixture over. This also makes it easy to warm up leftovers in the oven!* —KIRSTEN

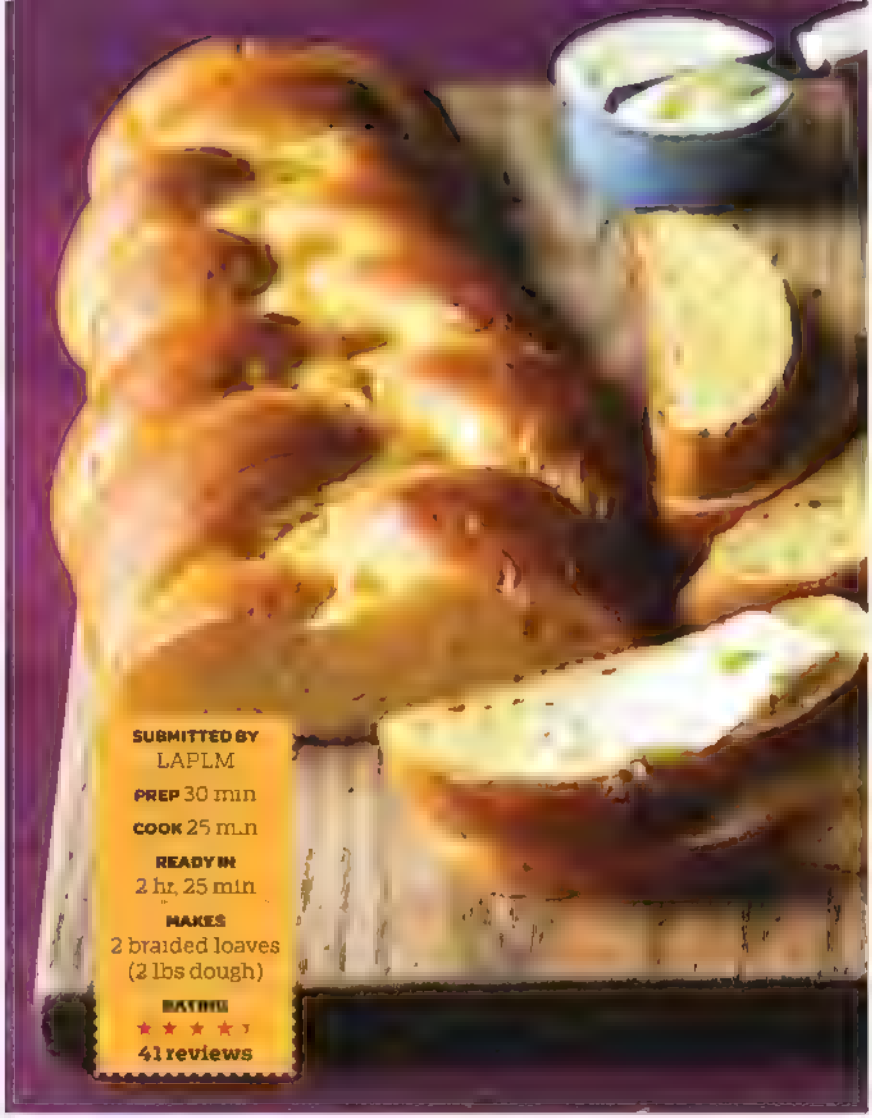
*Followed the recipe with one exception—dried cranberries instead of raisins. My husband loved it, and is even talking about it on Facebook.* —OBIE

*I added ½ tablespoon garam masala and pinch of cayenne pepper for some heat and it was perfect. I microwaved the squash as suggested by another reviewer and it took only 5 minutes for each half.* —JACKIE AND FRIEND

*As per one of the other reviewer's advice, I cut out the celery and added red onion and Granny Smith apple pieces. It turned out fabulous!* —LEEPEESHE

*This was my first time using acorn squash, and I'm in love with this vegetable because of this recipe! My husband is a picky eater, so I kept avoiding the question when he asked what was for dinner. When I presented the squash, it got an odd look, but won his vote after bite #1!*

GILLNAVEENBO



**SUBMITTED BY** LAPLM
**PREP** 30 min
**COOK** 25 min
**READY IN** 2 hr, 25 min
**MAKES** 2 braided loaves (2 lbs dough)
**RATING** ★★★★½
**41 reviews**

## SQUASH BRAID

armagazine.com/squash_braid

*"This is a tasty bread and easy to make. Ideal for using those butternut squash from the garden." —LAPLM*

- **1 butternut squash, peeled, seeded, and cubed**
- **1 (.25-ounce) package active dry yeast**
- **2 tablespoons warm water (110 degrees F)**
- **⅓ cup warm milk (110 degrees F)**
- **¼ cup butter, softened**
- **2 eggs**
- **3 tablespoons brown sugar**
- **¼ teaspoon salt** *[From our kitchen: We recommend increasing salt to ¾ teaspoon to really bring out the squash flavor.]*
- **3 cups all-purpose flour** *[From our kitchen: We found the dough too wet to handle with only 3 cups flour; try 4 to 4½ cups, plus additional for dusting your work surface.]*
- **1 tablespoon water**

O In a large saucepan, cover cubed squash with water. Bring water to a boil and cook until tender, about 15 to 20 minutes. Let cool and mash. Reserve 1 cup for use in this recipe and freeze remainder for later use. *[From our kitchen: Our 1½-pound squash yielded about 2¾ cups mashed squash.]*

O In a small bowl, dissolve yeast in warm water. Let stand until creamy, about 10 minutes.

O In a large bowl, combine the yeast mixture with milk, butter, 1 cup mashed squash, 1 egg, brown sugar, salt, and 2 cups of the flour; stir well to combine. Stir in the remaining flour ½ cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes. *[From our kitchen: Even after increasing the amount of flour in the dough, you'll still find it soft and moist after kneading but the elasticity is really nice, so resist the urge to add even more flour!]* Lightly oil a large bowl; place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.

O Deflate the dough and turn it out onto a lightly floured surface. Divide into 6 equal pieces and roll each into a rope about 18 inches long. Take 3 ropes, pinch ends together and then braid ropes together. Pinch ends to seal. Do the same with the other 3 ropes of dough. Place braids on lightly greased baking sheets. Cover and let rise for about 30 minutes. Meanwhile, preheat oven to 350 degrees F.

O In a small bowl, beat together remaining egg and 1 tablespoon water; brush loaves with egg wash. Bake for 20 to 25 minutes. *[From our kitchen: We rotated the baking sheet halfway through baking for even browning.]* Remove from baking sheets and let cool on a wire rack.

**PER SERVING** 143 CAL, 3.1 g FAT (1.7 g SAT); 4 g PRO; 26.1 g CARB; 3.2 g FIBER; 57 mg SODIUM; 28 mg CHOL

SAID

***"The dough was a dream to work with. As did another reviewer, I rushed the rise times with no problem. I gave it approximately 40 minutes on its first rise and maybe 15 minutes on its second rise. In our family, an entire butternut squash is too much for a meal—this allowed me to use some in the bread and the rest roasted as a side to our roasted chicken. Thanks! —BEEAQUEEN***

***There are few comments on this bread being bland and I would agree. HOWEVER, I'm pretty sure this will be easily fixed with a little more salt. I think it probably needs about ¾ teaspoon. Other than that, the texture is awesome!! It is very moist, soft bread. —ROBYN***

*Regarding others' reviews, sure, it doesn't taste particularly squashy or sweet—it just tastes like good bread! My husband is definitely a fan, based on how he keeps coming out to pull off another piece.*

**SUBMITTED BY**
dakota kelly

**PREP** 20 min

**COOK** 30 min

**READY IN** 50 min

**MAKES** Two 8-inch pizzas (serving 4)

**RATING**
★ ★ ★ ★ ½
165 reviews

These pizzas are delicious—just the right amount of sweetness. And don't forget, your local pizza joint is usually happy to sell you some dough!

## BUTTERNUT SQUASH PIZZAS WITH ROSEMARY

armagazine.com/butternut-pizza

*"Yum, yum, yum!"* —DAKOTA KELLY

- **1 cup thinly sliced onion**
- **½ butternut squash, peeled, seeded, and thinly sliced (about ¾ pound total)**
- **1 teaspoon chopped fresh rosemary**
- **Salt and black pepper to taste**
- **3 tablespoons olive oil, divided**
- **1 (16-ounce) package refrigerated or thawed frozen pizza dough, divided**
- **1 tablespoon cornmeal**
- **2 tablespoons grated Asiago or Parmesan cheese**

1. Preheat oven to 400 degrees F. Place sliced onion and squash in a roasting pan. Sprinkle with rosemary, salt and pepper to taste, and 2 tablespoons of the olive oil; toss to coat. *[From our kitchen: We used ½ teaspoon of salt and ¼ teaspoon black pepper.]*
2. Bake 20 minutes, or until onions are lightly browned and squash is tender; set aside.
3. Increase oven temperature to 450 degrees F. On a floured surface, divide dough in half and roll each half into a ball. Roll out each ball of dough into an 8-inch round. Place the rounds on a baking sheet sprinkled with cornmeal (you may need 2 baking sheets depending on their size). Distribute squash mixture equally between the two rounds and bake 10 minutes, checking occasionally, until the crust is firm. Sprinkle with cheese and, if desired, remaining tablespoon olive oil. Cut into quarters, and serve.

**PER ½-PIZZA SERVING** 567 CAL, 13.7 g FAT (2.1 g SAT); 14.8 g PRO; 96.9 g CARB, 6.8 g FIBER; 948 mg SODIUM; 3 mg CHOL

Bapp now to see how to make this recipe (details on page 4) or go to armagazine.com/butternut-pizza-video

SAID

*Delicious. I followed other reviewers' recommendations and roasted the squash mixture with a little balsamic vinegar. I used Trader Joe's garlic-and-herb pizza dough. It was fabulous, and healthy to boot. Even my steak-and-potato-eating husband raved about this pizza!* —#MESERVY

*A mandolin made even, thin slices of both the onion and squash, not to mention it cut some prep time as well. While the squash was roasting in the oven, I chose to caramelize the onions on the stove top.* —NICOLETTE

*I used Gruyère cheese, because it tastes so good. I used almost a cup instead of what the recipe calls for. I put the cheese on the pizza before it went into the oven. It melted into the squash and made it like a cheesy squash hot dish on the crust.* —JULIE

*The key is to slice the butternut squash incredibly thin. Some people commented that the cooking time was not long enough, but when I looked at other people's uploaded photos, it is clear that they had made very thick slices...if made the way the recipe describes, this is a very delicious pizza.* —SUZIE

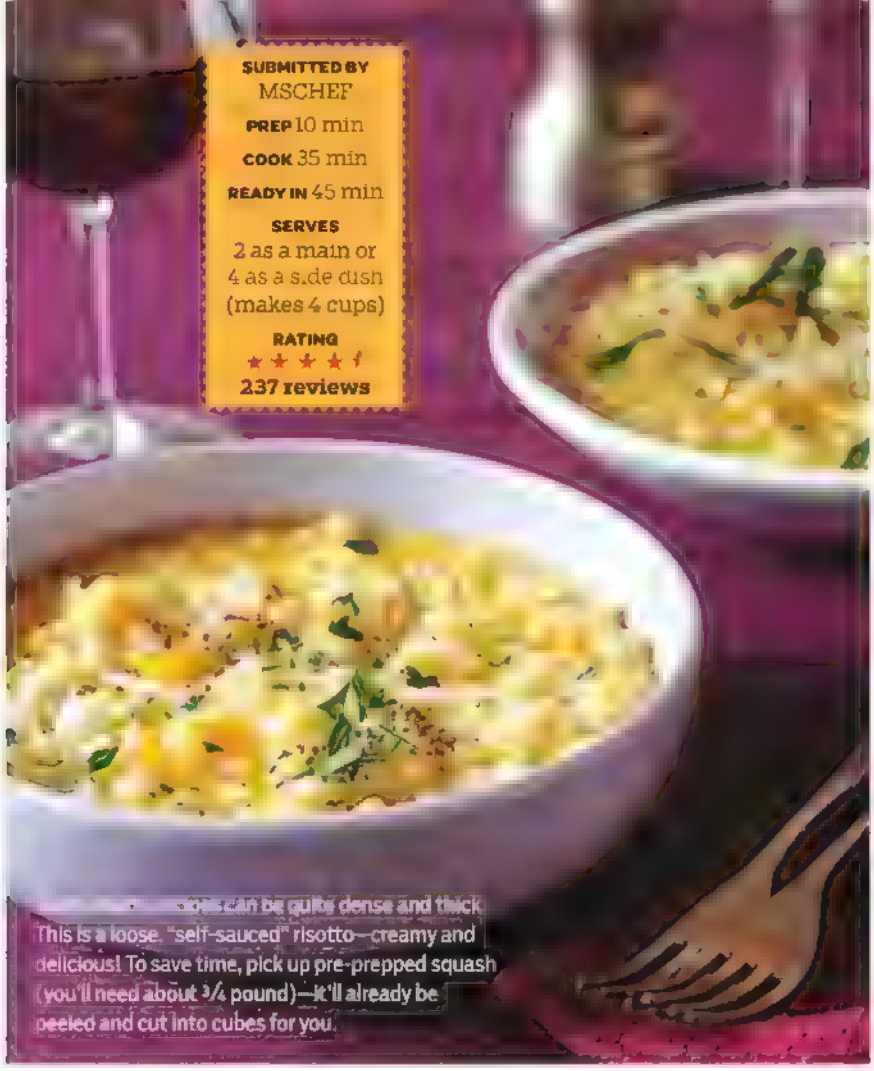
*I altered it a little by adding bacon slices to be roasted with the onions, rosemary, etc. The juices from the bacon gave it a great taste! I added minced garlic under the cheese so it could cook well without getting burnt. I could eat this pizza every week!* —DONELLE14

### Keep It Simple

***Truth be told, you rarely even need a recipe for squash—simply roasting it caramelizes its natural sugars and intensifies its sweet flavor. Here's a cheat sheet for roasting:***

- **Use a rimmed baking sheet for roasting; a deep pan will cause the squash to steam rather than roast. And line the baking sheet with foil for easy cleanup.**
- **For whole squash such as butternut, acorn, buttercup, kabocha, spaghetti squash, or small pumpkins: Preheat the oven to 400 degrees F. Halve squash lengthwise, scoop out and discard the seeds and fibers, then poke the flesh in several places with the tines of a fork. Roast, cut sides down, for 30 minutes. Turn the squash cut sides up, drizzle with a little olive oil or add a few pats of butter, sprinkle with salt, and roast until the flesh is tender enough to pierce with a fork, 30 to 40 minutes longer. You can serve the squash as is with a little more butter or oil added, or scoop out the flesh and puree.**
- **For spaghetti squash, once the roasted squash is cool enough to handle, scrape out the "spaghetti" strands of flesh with the tines of a fork, then toss them with butter, olive oil, or tomato sauce.**
- **For cut-up squash, skin on or off: Preheat the oven to 400 degrees F. Halve squash lengthwise, scoop out and discard the seeds and fibers, and slice the squash crosswise ½ inch thick. Toss with just enough olive oil to coat, and sprinkle with salt. Place on a rimmed baking sheet and bake 20 to 30 minutes (timing will vary depending upon the variety of squash), tossing a few times, until tender.** —SANFYO

PHOTO (TOP RIGHT): SHUTTERSTOCK



**SUBMITTED BY** MSCHEF
**PREP** 10 min
**COOK** 35 min
**READY IN** 45 min
**SERVES** 2 as a main or 4 as a side dish (makes 4 cups)
**RATING** ★★★★½ 237 reviews

This is a loose, "self-sauced" risotto—creamy and delicious! To save time, pick up pre-prepped squash (you'll need about ¾ pound)—it'll already be peeled and cut into cubes for you.

## BUTTERNUT SQUASH RISOTTO

armagazine.com/butternut-risotto

*"If you like the natural sweet flavor of butternut squash, you'll love this risotto! It is so creamy and full of flavor! Great as a side dish or main course."* —MSCHEF

- **2 cups cubed butternut squash (from a 1- to 1¼-pound squash)**
- **2 tablespoons butter**
- **½ onion, minced**
- **1 cup Arborio rice**
- **⅓ cup dry white wine**
- **5 cups hot chicken stock** *[From our kitchen: We needed only 4 cups for our risotto to be creamy and al dente.]*
- **¼ cup grated Parmesan cheese**
- **Salt and black pepper to taste**

1 Place squash cubes into a steamer basket in a saucepan. Add water, cover, and bring to a boil over medium-high heat. Allow to steam until the squash is tender (10 to 15 minutes), then drain, and mash in a bowl with a fork.

2 Melt butter in a saucepan over medium-high heat. Add onion; cook and stir for 2 minutes, until onion begins to soften, then add the rice. Continue cooking and stirring until rice is glossy from the butter, and onion begins to brown on edges, 5 minutes more.

3 Pour in the white wine; cook, stirring constantly, until it has evaporated. Stir in the mashed squash and one third of the hot chicken stock; reduce heat to medium. Cook and stir until the chicken stock has been absorbed by the rice, 5 to 7 minutes. *[From our kitchen: It took 12 to 15 minutes for our first batch of broth to be fully absorbed.]* Add half of the remaining chicken stock, and continue stirring until it has been absorbed. *[From our kitchen: Our second and third batches of stock took about 10 minutes each to be absorbed.]* Finally, pour in the remaining stock, and continue stirring until the risotto is creamy. Finish by stirring in Parmesan cheese and seasoning with salt and pepper.

**PER 1-CUP SERVING** 342 CAL; 8 g FAT (4.8 g SAT); 7.4 g PRO; 57.1 g CARB; 2.4 g FIBER; 1076 mg SODIUM; 21 mg CHOL

Blipp to see how to make this recipe (details on page 4) or go to armagazine.com/butternut-risotto-video

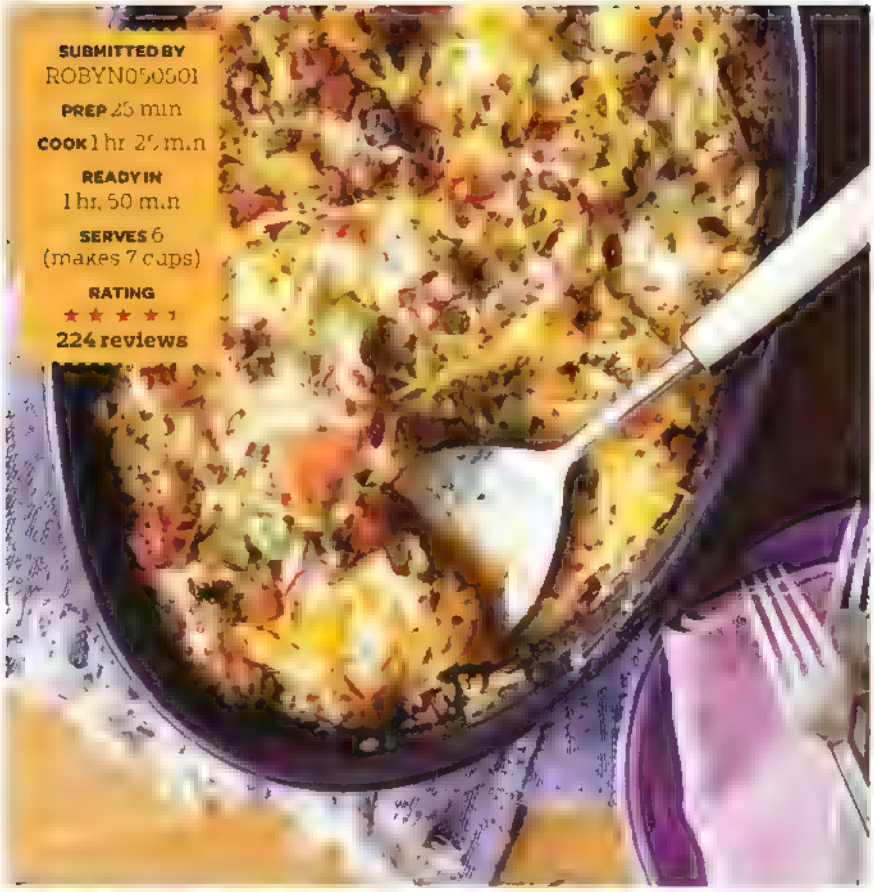
SAID

*My first time making risotto was a huge success! Excellent! I did roast the squash instead of steaming it and omitted the wine because I was out and the liquor stores in Minnesota are closed on Sundays. :-(*
—MINNESOTA_GIRL

*I just finished burning the roof of my mouth with this FABULOUS creation!!! I roasted my squash in the oven, like others did. Otherwise, I followed the recipe exactly. I did stop adding stock when I had used about 3½ cups. I added salt and pepper before the cheese and thought it was still a tiny bit bland, but after adding freshly grated Parm...OUTSTANDING!!!* —ICANFLOSSU

*I made this risotto in my pressure cooker and it turned out great! Next time I won't stir it as much to keep the chunks of squash larger.*
—MELISSA IN THE KITCHEN

*OH MY GOD!!! This was so good that it never got to the table! We ate it from the pot with a spoon! We just couldn't stop! I roasted the squash YUMMY! I'll make it again this week. I used a lot more squash than the recipe suggested because I wanted to lower the calories, and I didn't use butter, just a tiny bit of oil to sauté the veggies* —MRS T



**SUBMITTED BY**
ROBYN050501
**PREP** 25 min
**COOK** 1 hr 25 min
**READY IN**
1 hr, 50 min
**SERVES** 6
(makes 7 cups)
**RATING**
★★★★½
224 reviews

## BAKED SPAGHETTI SQUASH WITH BEEF AND VEGGIES

allrecipes.com/beef_veg_spaghetti_squash

*"Baked spaghetti squash, peppers, and onions are mixed with beef and cheese in this delicious casserole."* — ROBYN050501

- **1 (2- to 3-lb) spaghetti squash, halved lengthwise and seeded**
- **1 pound ground beef or crumbled bulk sausage**
- **½ cup diced green bell pepper**
- **½ cup diced red bell pepper**
- **¼ cup diced red onion**
- **1 clove garlic, chopped**
- **1 (14.5-ounce) can diced tomatoes with Italian herbs, drained**
- **½ teaspoon dried oregano**
- **½ teaspoon dried basil**
- **¼ teaspoon salt**
- **¼ teaspoon ground black pepper**
- **2¼ cups shredded sharp cheddar cheese, divided**

O Preheat oven to 375 degrees F.
O Place squash on a baking sheet, cut sides down, and bake 40 minutes, or until tender. Cool slightly, then shred flesh with a fork.
O Reduce oven temperature to 350 degrees F. Lightly grease a casserole dish.
O In a large (12-inch) skillet over medium heat, cook the ground beef until evenly brown. Drain off most of fat, then mix in the green pepper, red pepper, red onion, and garlic. Continue to cook and stir until vegetables are tender, about 5 minutes.
O Mix the shredded squash and tomatoes into the skillet, and add oregano, basil, salt and pepper. Cook and stir until heated through. Remove skillet from heat, and mix in 2 cups cheese until melted. Transfer to the prepared casserole dish.
O Bake 25 minutes. Sprinkle with remaining ¼ cup cheese, and continue baking 5 minutes more, until cheese is melted.

**PER HEAPING-CUP SERVING** 399 CAL, 26.4 g FAT (14.5 g SAT); 27.2 g PRO; 12.8 g CARB; 2.9 g FIBER; 590 mg SODIUM; 100 mg CHOL

**YOU SAID**

*Hubby loved this! He said it's like Hamburger Helper. The best thing is that he didn't miss the noodles; not that he was fooled by the spaghetti squash, but it was a good sub.* —PATTY

*When I was younger, my Mama used to make a stuffed zucchini. She made it special for me because I liked it so much. Since she passed away a few years ago, I have not had any. The first bite of this recipe almost brought me to tears. It tastes exactly like Mama's recipe with squash instead of zucchini. Thank you, thank you so much for posting this recipe.* —SHEILA

*Don't overcook squash or it will become mushy...as long as it comes out easily in strands with a fork, it's done.* — VOLLEYJOY1

*I am desperately trying to change my family's eating habits to eat more veggies, and this was a huge hit. No, really, I have an 8-year-old meat-and-potatoes son and a no-veggies husband, and they both loved it!!! I will certainly make it again!! It was also easy to tailor to what you had in the kitchen (more or less veggies, or turkey instead of beef).* —RACHAEL W

***Tip:*** You can save yourself a LOT of time by microwaving your spaghetti squash instead of baking it: Trim off ends, halve squash crosswise (it will fit into the microwave better than cut lengthwise), and scoop out seeds. Rinse the squash halves, shake off excess water, then wrap in wax paper. Microwave on high for 15 to 18 minutes.

# spice it up!

While thumbing through my collection of old food magazines recently, I came across an advertisement suggesting that any rectangular metal spice containers lingering in my cupboard were probably at least 20 years old. The company had stopped using that particular container for anything other than black pepper in the early 1990s.

Uh, oh. I opened my spice drawer and, sure enough, there it was: an "antique" container of mace. Now, I can count the number of times on one hand that I've used mace, but still. My first reaction was: "I'm gross. I keep ancient spices." But then I started wondering if it was *really* such a big deal. It's not like they go bad, right?

When I confessed my spice shame to a colleague, she admitted that she sniffs her spices when she opens the jars—and as long as they still kinda-sorta have an aroma of what they're supposed to be, she uses them.

Why are spices a blind spot for people who otherwise take pride in their cooking? In large part it's because spices are expensive; it seems wasteful to spend $6 on a whole new jar when you only need ¼ teaspoon. So, instead of running to the store, you just make do with what you've got—even if it's older than your children and tastes like powdered nothing.

Well, it's time to change the pattern! Check out this smart, doable advice on how to assess and improve your spice situation. —CHERYL8413

## do a freshness test

**Take a sniff.** If a ground spice (or a dried leafy herb rolled between your fingers) is aromatic, use it. If the aroma is faint or nonexistent, it's time to toss and replace.
**Take a taste.** Put a little on your tongue. If it's flavorful, use it. If it just tastes dusty, pitch it. (There's no harm in tasting an old spice, it just might not taste like much of anything.)
**Check the date.** Properly stored herbs and spices can retain their flavor 1 to 4 years from purchase, depending on form. General rule of thumb? Keep whole seeds 3 to 4 years, other whole spices 2 years, ground spices and herbs 1 to 1½ years, and dried whole-leaf herbs 1 to 2 years.

## buy whole—and a bit less

Whenever you can, buy spices and herbs in **whole, leaf, or seed form** rather than already crushed or ground. (The more intact they are, the longer they'll keep.) You can grind or crush them as needed for the freshest aroma and flavor.

If you're buying ground, choose the **smallest container possible.** Even better: Head to a store or an online shop that sells spices and herbs by the ounce. That way, you can buy only as much as you really need. Even though a bulk package or spice assortment may seem the better bargain, it's not if you end up throwing out 75 percent of it. You're likely to use up a smaller amount before it gets stale. —SANDY8

FOOD STYLING: PAUL GRIMES; PROP STYLING: LORI HELLANDER

PHOTOGRAPHS BY KARLA CONRAD

## smarter storage

Heat, light, air, and moisture are the enemies of spices and dried herbs. So keep yours in **tightly sealed containers** away from heat sources (like the stove, microwave, or dishwasher) and **out of the sun**. Tins and tinted glass jars provide extra light protection, but aren't essential if you're storing in a drawer, cupboard, or dark pantry. You can also store tightly sealed containers of herbs and spices in the fridge if you've got room.

You can reuse old **glass spice jars** or tins. Just wash, dry, and refill them with fresh spices. It's also helpful to **mark the date** you purchased the spice or herb somewhere on the container. (Permanent marker on a bit of masking tape on the bottom does the trick.)

Choose a rack that lets you see the labels clearly and arrange jars in **alphabetical order** to make finding the one you want easy. **Shallow racks** that bolt inside cabinet doors, dividers that tuck into drawers, and tiered lazy Susans (small round platforms that spin) are particularly good for small spaces.

## nice spice gear

For whole spices, a **mortar and pestle** and some elbow grease will do for grinding small amounts, but an **inexpensive coffee grinder** works great. When you switch from one spice to the next, you'll want to brush out the grinder—or place some bread crumbs in the grinder, grind, and then dump them out—to keep the grinder fresh. And don't use the same grinder you use for spices for your coffee beans unless of course you want a cumin-flavored latte.

A **pepper mill** is best for small amounts of pepper or for peppering at the table. Options abound: crank, push button, battery-operated—choose whichever you prefer.

A **small grater or zester** is ideal for grating whole nutmeg.

For refilling jars, a **small plastic funnel** comes in handy. You may need to cut the neck off to make a wider jar-sized opening.

For scooping, **oval measuring spoons** fit better than round ones in narrow spice jars.

## essential spices for general cooking

**Bay leaves:** Whether you choose the mild and woodsy Turkish ones or the more pungent California variety, bay leaves add a little something-something to soups, sauces, and stews. Fish them out of the dish after cooking, though. They're not good to eat straight up.

**Cayenne:** Red hot and spicy, this ground red pepper jazzes up dishes and gives them a little zing. Go light at first, keeping in mind that you can always add more.

**Chili/chile powder:** Whether you like a blend (chili) or a single variety (chile), this powder is a basic that most cooks can't live without. If you've got the space, get a couple single-chile powders: Ancho is smoky, fruity, and a little hot. Chipotle is smoky, too, but hotter. Note: Some chili powder blends also include other spices, herbs, and salt.

**Coriander:** Used in Mexican, Indian, Swedish, and other cuisines, this citrusy-peppery seed is most often used in savory dishes. It's sold in whole form (the seeds look like tiny basketballs) and already ground.

**Cumin:** Often paired with coriander and most often used in Mexican and Indian cuisines, this seed has a deep, warm flavor with hints of caraway. Toasting the seeds before grinding further enhances the taste.

**Curry powder:** Brands vary and types abound, but this spice blend often has coriander, cardamom, nutmeg, ginger, and fenugreek. It comes in both sweet and hot varieties, and blends like garam masala balance sweet with spicy. Find a version you like, and use it in curries and meat rubs.

**Dill weed:** This feathery green herb pairs well with citrus and often stars in dips, soups, pickles, and seafood dishes. Since fresh dill can be hard to find year-round, dried is smart to have on hand.

**Ground ginger:** Spicy and warm, it's good in both savory dishes and baked goods.

**Oregano:** Pungent and aromatic, this small-leaved green Italian and Mediterranean herb is good in tomato sauces, soups, and stews, sprinkled over pizza slices, and added to spice blends for meat and poultry.

**Paprika:** Ranging from sweet and mild to hot and sharp, paprika is made from dried ground peppers. Smoked paprika is especially flavorful. If you're getting only one jar, opt for sweet; it's more versatile.

**Peppercorns:** Green, black, and white peppercorns come from the same plant but have different flavors and uses. Green peppercorns are picked and dried (and sometimes brined) when they are unripe, and they have a fresh (green) flavor. Black peppercorns, picked and dried before they are fully ripe, are both spicy and complex. White peppercorns, picked and dried after they're fully mature and then stripped of their outer shell, are sharper but less full-bodied than black. And, because they're white, they won't darken lighter dishes and sauces. Pink peppercorns, included in some peppercorn blends, are sweeter and more floral. (And they're not technically peppercorns, they're berries from a different plant altogether.) All peppercorns are most flavorful when freshly ground in a pepper mill.

**Rosemary:** True to its evergreen-needle-like leaves, rosemary has a piney aroma and taste. You can buy it either as whole leaves or cracked. Crush it lightly in your palms before using to release its flavor.

**Sage:** Found in leaf form and rubbed or ground, sage is pungent, rich, and warm. It's a key component of poultry spice and is often used to flavor stuffing, poultry, and sausages.

**Star anise:** This star-shaped spice with a sweet, licorice-like taste is often used in pickling, stir-fries, rubs, and curries. Each "star" has eight points; you can break off as few or as many as you like to add to dishes—just remember to fish out the pieces or you could crack a tooth! Anise seeds have a similar flavor but are less pungent.

**Tarragon:** Lemony and reminiscent of mild licorice, these slender green leaves pop up often in fish and egg dishes and French cooking. Like dill, tarragon can be hard to come by fresh if you don't grow your own, so keep some dried on hand. French varieties tend to be more potent than Russian.

**Thyme:** Sweet and earthy, with hints of citrus, flowers, and mint, thyme is a versatile herb that works as well in savory meat and vegetable dishes as in citrusy desserts.

## essential spices for baking

**Allspice:** While its name suggests a blend of several spices, it's actually a single berry with a sweet, peppery, woodsy flavor reminiscent of a combination of nutmeg, cinnamon, and cloves. Use it in everything from gingerbread to jerk chicken.

**Cardamom:** Each cardamom pod contains tiny seeds that have an exotic, spicy-warm taste. Unless you're making an infusion, you crack the pods open, and then grind up the seeds. Use ground cardamom in baked goods and puddings, in savory dishes like curries, and in Turkish-style coffee. Try adding a few whole pods (along with a cinnamon stick and a bay leaf) to the cooking water with your rice (and discard them before serving) for a flavor twist.

**Cinnamon:** The rolled and dried inner bark of certain laurel trees, cinnamon sticks are used to flavor infusions such as mulled cider, tucked into pickling brines, and often added to soups or stews for a slightly sweet, spicy, woodsy flavor. Ground cinnamon is used more often in baking and in spice rubs. Ceylon cinnamon is among the most pungent, with a healthy kick (similar to spicy red cinnamon candies). Cassia, from a related tree, is similar to (and sometimes sold as) cinnamon.

**Cloves:** Sweet and aromatic, whole and ground cloves are often used in pickling, spice cakes, fruit desserts, and other baked goods. A pinch perks up barbecue sauce as well.

**Nutmeg:** Buy just a few of these oblong orbs, and grate some fresh just when you need it. They'll keep a *long* time, and a little goes a long way. (Unless you bake a ton, one likely will last you an entire year.) Though it's most often used in sweet dishes, nutmeg also plays a background note in savory dishes like sautéed spinach, quiche, and béchamel (the white sauce in a homemade macaroni and cheese).

**Vanilla extract:** While it's not a spice or an herb, vanilla extract is something you'll want to have for desserts. Look for pure vanilla extract for the best flavor. It's made from vanilla beans. (Imitation vanilla extract, made with artificial flavorings, has a slightly bitter taste, you need to use more of it to get the vanilla taste you want.) Because it contains a minimum of 35 percent alcohol, vanilla extract keeps indefinitely.

Got a recipe that calls for a different form of herb or spice than you have? **You can substitute** 1½ teaspoons fresh herbs for ½ teaspoon dried and ½ teaspoon ground dried spices for 1 teaspoon whole dried.

Want to save some money? **Make your own spice and herb blends!** For a quick **poultry seasoning,** mix 1 tablespoon each sage, thyme, and oregano with 1 teaspoon rosemary and ½ teaspoon black pepper. For an easy **barbecue rub,** stir together 1 tablespoon coriander and 1 teaspoon each cumin, ginger, paprika, and sage. —SANDY

Find recipes for more homemade spice blends and rubs at armagazine.com/spice-blends and armagazine.com/rubs

# craving CAJUN

EVERY MARCH, WE START THINKING ABOUT **MARDI GRAS,** AND MARDI GRAS GETS US THINKING ABOUT PARADES, FLOATS, BEADS, CANDY COINS, AND BOLD, SPICY CREOLE AND CAJUN DISHES LIKE GUMBO, JAMBALAYA, AND SHRIMP AND GRITS. WE'VE GOT THE REAL DEAL FROM COOKS WHO KNOW THEIR SOUTHERN COOKING!

SUBMITTED BY
Lupe Boudreaux
PREP 1 hr
COOK 1 hr
READY IN 2 hr
MAKES 18 cups
RATING
★ ★ ★ ★ ½
456 reviews

## Boudreaux's Zydeco Stomp Gumbo

armagazine.com/gumbo

*"This will put a smile on everyone's face who's eating it. Throw on some Zydeco music and serve on a bed of rice with corn bread and a cold beer. Whew doggie... be thankful to be alive and toast all us Texicajuns!!!"* —LUPE BOUDREAUX

- 1 cup plus 1 tablespoon olive oil
- 1 cup skinless, boneless chicken breast halves, chopped
- ½ pound pork sausage links, thinly sliced
- 1 cup all-purpose flour
- 2 tablespoons minced garlic
- 3 quarts chicken broth
- 1 (12-ounce) can or bottle beer
- 6 ribs celery, diced
- 4 roma (plum) tomatoes, diced
- 1 sweet onion, sliced
- 1 (10-ounce) can diced tomatoes with green chile peppers, with liquid
- 2 tablespoons chopped fresh red chile peppers or jalapeño peppers
- 1 bunch fresh parsley, chopped
- ¼ cup Cajun seasoning *[From our kitchen: We cut back to 3 tablespoons seasoning, which was plenty of kick for us, but Cajun seasonings vary widely in potency (see page 102). If you're using a seasoning that contains salt, you may want to substitute water for a third of the chicken broth.]*
- 1 pound shrimp, peeled and deveined

1. Heat 1 tablespoon oil in a medium skillet over medium-high heat, and cook chicken until no longer pink and juices run clear, about 2 minutes. Stir in sausage, and cook until evenly browned, about 5 minutes. *[From our kitchen: It would be fine to cook the chicken and sausage together, for 7 minutes.]* Drain chicken and sausage, and set aside.
2. In a large, heavy saucepan over medium heat, blend remaining cup olive oil and flour to create a roux. Stir constantly until browned and bubbly, about 6 minutes. Mix in garlic, and cook about 1 minute.
3. Gradually stir chicken broth and beer into the roux mixture. Bring to a boil, and mix in celery, tomatoes, sweet onion, diced tomatoes with green chile peppers, red chile peppers, parsley, and Cajun seasoning. Reduce heat, cover, and simmer about 40 minutes, stirring often.
4. Mix chicken, sausage, and shrimp into the broth mixture. Cook, stirring frequently, about 20 minutes.

**PER 1¼-CUP SERVING** 419 CAL; 28.7 g FAT (4.6 g SAT); 20.5 g PRO; 17.3 g CARB; 2 g FIBER; 900 mg SODIUM; 99 mg CHOL

SAID

***This is an outstanding recipe! As others have stated, it's all about the roux. The darker the roux, the more intense the flavor. I get mine almost black, whisking CONSTANTLY to avoid burning. Be extra careful not to splash it as it could cause a serious burn.*** —JIM W.

***Check the ingredient list on your Cajun seasoning. The first time we made it, we used seasoning that was almost pure salt—it ruined our gumbo. But the second time we used a better brand and it came out PERFECT!*** —MKRETCH

***I found that this recipe omits two important ingredients (in my opinion): okra (I use about 1 to 2 cups frozen) and filé powder (ground sassafras leaves). Filé gives it a special flavor that is very distinct, and also acts as a thickener.*** —ETHEL BOURBON

***This is VERY tasty gumbo. I read several of the reviews that said it was too thin, but gumbo is supposed to be a soup, not a gravy or a topping. I added oysters, crabmeat & doubled the shrimp. Next time I make it, I will also add okra.*** —SUPERWIFEY

## Buttermilk Hush Puppies

armagazine.com/hush-puppies

*"Hush puppies are a great Southern tradition along with buttermilk coleslaw and Southern-fried catfish. Why not use all that buttermilk together in all your recipes? Try them all!"* — MAMA SMITH

- **1 quart vegetable oil for frying, or as needed**
- **1 cup buttermilk**
- **¼ cup vegetable oil**
- **2 eggs, room temperature**
- **1 cup cornmeal**
- **1 cup all-purpose flour**
- **¼ cup white sugar (optional)** *[From our kitchen: We think the sugar is essential! It really took these to the next level.]*
- **½ teaspoon baking soda**
- **½ teaspoon salt**
- **½ cup minced onion**
- **4 green onions, minced**

1. Heat 1 quart vegetable oil in a deep-fryer or large saucepan to 365 degrees F *[From our kitchen: We used a large, heavy-bottomed Dutch oven for frying.]*
2. Preheat oven to 200 degrees F.
3. Whisk buttermilk, ¼ cup vegetable oil, and eggs in a bowl.
4. Combine cornmeal, flour, sugar, baking soda, and salt in a separate bowl. Fold buttermilk mixture, onion, and green onions into cornmeal mixture until just mixed.
5. Drop 6 to 8 tablespoon-sized balls of batter into the hot oil; fry until each hush puppy is golden brown, turning the hush puppies to cook evenly, 6 to 10 minutes total. Remove hush puppies with a slotted spoon and place on brown paper bags or paper towels to drain. Repeat with any remaining batter. *[From our kitchen: We cooked our hush puppies in 3 batches, allowing oil to return to 365 degrees F between batches.]*
6. Transfer hush puppies to a baking sheet and keep warm in the preheated oven until ready to serve.

**Note from Mama Smith:** Sugar makes a great hush puppy, but it will make them brown faster. Be careful of your oil temperature and don't make the hush puppies too large or they will not cook through. If you would like to add corn, just fold in ¼ cup canned or frozen corn. For a spicy option add 1 minced jalapeño pepper or 1 teaspoon Cajun seasoning.

**PER 4-HUSH-PUPPY SERVING** 339 CAL; 19.8 g FAT (3.1 g SAT); 5.7 g PRO; 34.9 g CARB; 1.5g FIBER; 277 mg SODIUM; 54 mg CHOL

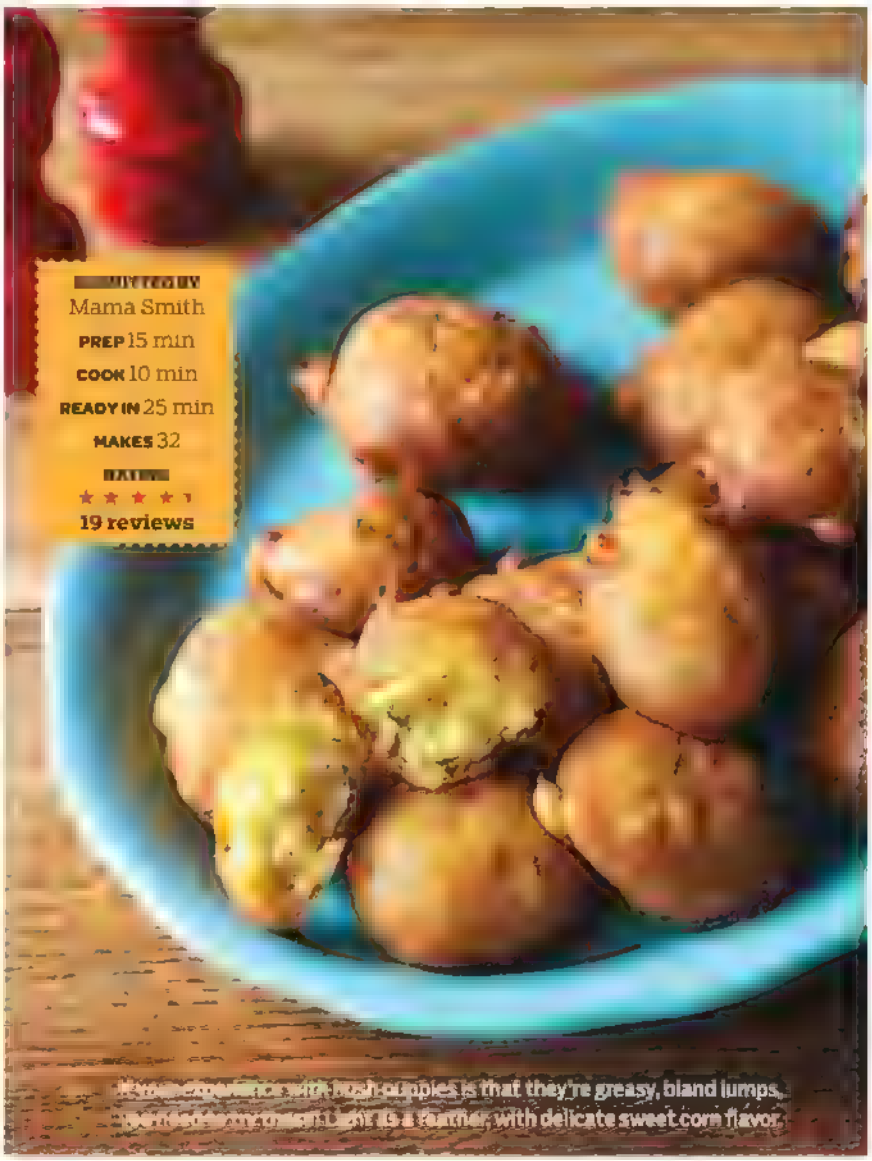
SAID

*According to my fiancée (born and raised in Louisiana), these are the hush puppies that all others must be judged by. I use 2% milk and vinegar instead of buttermilk. Make sure to use enough salt or they'll be a bit bland. I sprinkle in about a teaspoon of Don's Specialty Custom seasoning (donsspecialtymeats.com). Don's is located in Scott, Louisiana, and I use the seasoning in almost everything!* —AYK

*I love hush puppies and I thought these were great. I added a little cayenne pepper, extra salt and paprika. I liked this recipe because I don't keep self-rising flour on hand and I didn't want to have to think about the conversion with salt and baking soda because it was already taken care of in the recipe.* —SAVANNAH&AL912

*My husband is from Louisiana, and swears that these hush puppies are the very best he's ever eaten! Followed directions to a "T" and will never make another recipe!* —ETTELEHC

*My husband and I are both from North Carolina and these are like the ones we would get in seafood restaurants. We now live in Oklahoma, so we don't have hush puppies here like we do in the South. I'm glad that I came across this recipe it reminds me of home.* —DENISE




My problem with hush puppies is that they're greasy, bland lumps. [illegible] is a feather, with delicate sweet corn flavor.

Hidden Gem

## Shrimp and Grits Louisiana Style

armagazine.com/shrimp-and-grits

*"Probably the best shrimp and grits recipe I have made! Easy and low ingredient count!"* — FUTCHMAIL

**1 cup water**
**1 pinch salt**
**6 tablespoons grits**
**2 tablespoons olive oil**
**½ cup diced tasso ham** *[From our kitchen: A good substitute for tasso ham is regular smoked ham tossed with a pinch each of cayenne and paprika.]*
**2 tablespoons diced onion**
**2 tablespoons diced green bell pepper**
**20 medium shrimp (about ¾ pounds total), peeled and deveined**
**¼ cup white wine**
**1 cup heavy whipping cream**
**Salt and ground black pepper to taste**
**1 tablespoon chopped green onion, green parts only**

Bring water and pinch of salt to a boil in a saucepan and slowly add the grits, stirring constantly. Reduce heat to low and simmer grits, stirring often, until tender and smooth, about 20 minutes. Set aside and keep warm.

Heat olive oil in a large skillet over medium heat; cook and stir tasso ham until crisp, about 2 minutes. Stir in onion and bell pepper and cook until onion is translucent, about 2 minutes. Add shrimp and cook, stirring, just until pink, 30 to 45 seconds *[From our kitchen: We needed 3 to 4 minutes for our shrimp to cook through]*; remove shrimp from pan and set aside.

Pour white wine into the skillet and stir dissolving any browned bits of food in the bottom of the skillet, slowly add the cream, reduce heat to low, and simmer until thickened, about 10 minutes. Season with salt and black pepper *[From our kitchen: A cup of cream is a lot. You could easily drop to ½ cup cream, ⅓ cup ham, and keep wine the same; then reduce for only 5 minutes.]*

Divide the grits among 2 serving plates and top with shrimp. Pour cream sauce over grits and sprinkle with green onion.

**Note from futchmail:** Tasso is a Cajun cured ham and is often hard to find outside Louisana and sometimes in Louisana. But you can find it at some specialty gourmet shops. If not, you can substitute salt pork, pancetta, or prosciutto, just adjust your seasonings as tasso is very flavorful. For a great wedding or reception idea, use martini glasses or shot glasses to serve shrimp and grits, with the grits on the bottom and the shrimp and sauce on top. Add cheese if you'd like.

PER SERVING 677 CAL, 60.1 g FAT (30.1 g SAT); 20.6 g PRO; 9.5 g CARB; 0.5 g FIBER; 1139 mg SODIUM; 272 mg CHOL

### THE SPICE IS RIGHT (FOR YOU!)

"Cajun/Creole spice blend" has become a loose catch-all term for a classic mix of spices used in Creole and Cajun dishes (even though they're not exactly the same thing)—there are as many variations as there are cooks! And those wild differences are true whether you're using storebought or homemade, which is a little scary. It may—or may not!—contain any of the following ingredients: paprika, ground cumin, salt, garlic powder, onion powder, black pepper, dried thyme, dried oregano, cayenne pepper, cardamom, caraway seeds, dried basil, filé powder, or dry mustard. We strongly recommend checking out the ingredient list on your brand before you use it in your recipe—if yours is high in salt, for instance, you may want to reduce the salt elsewhere in the recipe. If yours has cayenne, and the recipe also calls for cayenne...well, use your judgment! The point is, no two brands are the same, so this is a case where you have to pay attention unless you want to risk ruining your dish! Or, make your own custom blend—here's a great springboard recipe: armagazine.com/cajun-spice-mix. —RECIPEGUY

SAID

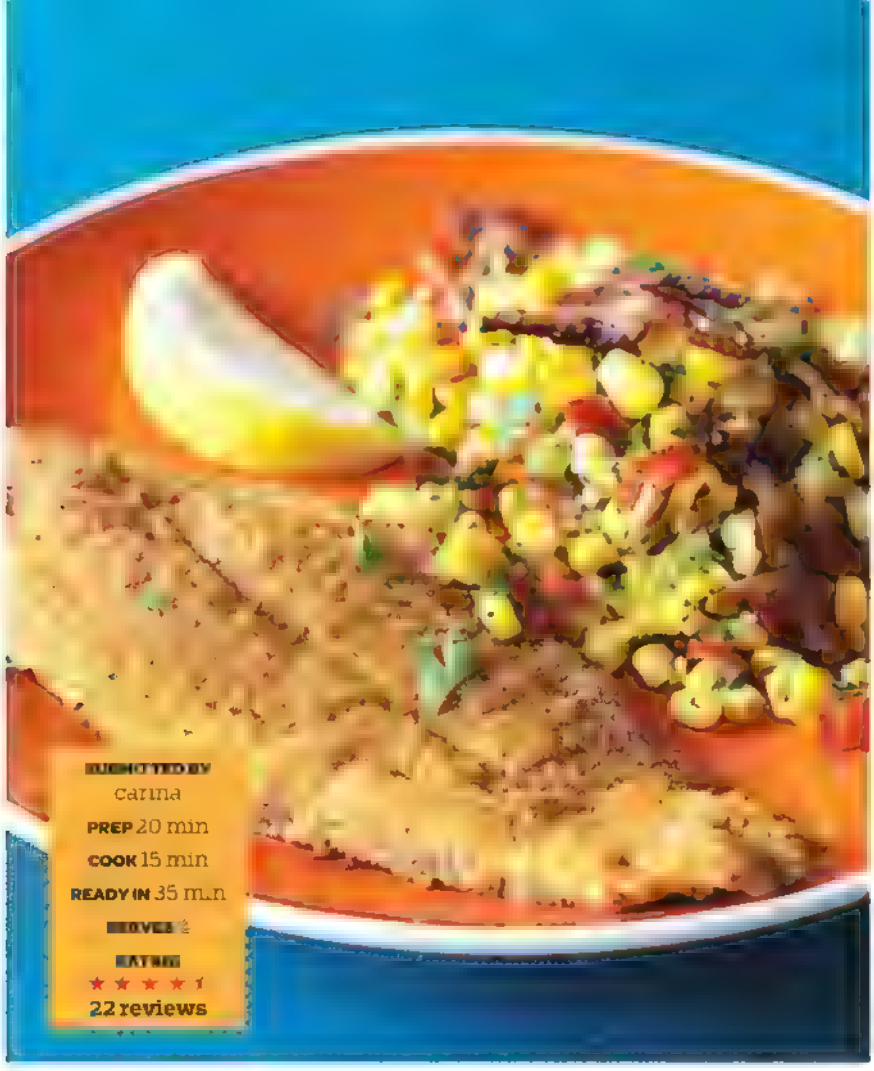
***I added garlic, and red instead of green peppers. I had no ham, so I used bacon instead. Wonderful. Oh, and I cooked the grits in my rice cooker.*** —BZEEMOM

***My husband LOVED this, but he loves shrimp and grits. I would probably make it again just because my husband devoured it and I appreciate the low ingredient count. Tasso is hard to find so I substituted pancetta.*** —JRBAKER

***I liked that it was not a long ingredient list and I had most of the items already. The taste was good; my kids even enjoyed it. However, my sauce didn't thicken so I wasn't wild about the texture.*** —SIMONEWITHFIVE

**SUBMITTED BY**
futchmail
**PREP** 20 min
**COOK** 20 min
**READY IN** 40 min
**SERVES** 2
**RATING**
★ ★ ★ ★ ½
3 reviews

When the photo crew was asked what they thought of this dish (yup, one of the perks is that you get to eat the food afterward), everyone swooned. To quote one person: "It's ...ch and wrong, but so, SO right!"




## Southern-Style Oven-Fried Catfish

allrecipes.com/catfish

*"I have served this to many a friend from the South, and it is always a winner! Serve with coleslaw and oven-baked French fries, and you'll have a healthy, tasty meal!"* —CARINA

- **3 tablespoons vegetable oil**
- **1½ pounds catfish fillets, cut into serving pieces** *[From our kitchen: Flounder or tilapia is a good substitution if you can't find catfish.]*
- **1 cup cornmeal**
- **2 teaspoons Creole seasoning (see page 102)** *[From our kitchen: If you have salt-free seasoning, you'll want to add ½ teaspoon salt to recipe.]*
- **1 teaspoon paprika**
- **1 teaspoon white sugar**
- **½ teaspoon ground black pepper**
- **2 eggs, lightly beaten**
- **1 tablespoon hot pepper sauce or water**

Preheat an oven to 425 degrees F. Grease a 9x13-inch glass baking dish with the oil, and set aside.

Rinse the catfish and pat dry. In a shallow bowl, combine the cornmeal, Creole seasoning, paprika, sugar, and black pepper. Combine the eggs and hot sauce or water in another bowl. Dip the fillets in the egg mixture, dredge in the cornmeal mixture, then arrange in baking pan. *[From our kitchen: We used glass pie plates for dipping and dredging—made the process much easier!]*

Bake, turning over once during cooking, for 15 minutes, or until cooked through and golden brown. *[From our kitchen: For our fish to cook through properly, we baked it for 15 minutes, then turned it over and baked 10 minutes more.]* Place catfish on a paper-towel-lined plate, and serve immediately with additional hot sauce. *[From our kitchen: If you want extra-crispy fillets, run the fish under the broiler for 30–45 seconds.]*

**PER 6-OUNCE SERVING** 403 CAL, 17.3 g FAT (3.4 g SAT); 30.4 g PRO; 29.7 g CARB; 1.8 g FIBER; 433 mg SODIUM; 201 mg CHOL

SAID

*Because of the 3 tablespoons of oil (in this case, "oven-fried" is not a euphemism for "baked"), the coating comes out nice and crispy. We really liked it. I did end up cooking for a few extra minutes, but my oven was evidently built on Mars and I've learned never to trust it. Thanks for the recipe, we'll make this again!* —ZELDASAYRE

*This one is pure perfection. My wife doesn't like catfish, and there isn't much that I like better. I can cut this recipe in half, stuff myself, and let her eat chicken. Cooking time is right on the money, and the coating is excellent.* —HUNGRYJOHN

*Because they were baked in the oven, I don't feel like I ruined my diet. I increased the cooking time by about 10 minutes to accommodate thicker fish fillets. I kept it pretty simple and seasoned my fish with seasoned salt and black pepper. I was so ready to eat, I forgot to take a picture. I'll be making these again soon. So, hopefully I remember to snap a picture on the next go-round.* —MRS. BLISS

*I am amazed how crunchy the coating on this fish gets. My catfish filets were pretty thick, so I had to cook about 5 minutes longer than stated. You could actually hear the crunch when biting into this.* —ICEEMAMA

*The 3 tablespoons of oil is critical. I used less when I first prepared this dish and did not get the desired crispiness. I tried again with the recommended amount of oil and it made a huge difference. Will make again.* —MISSKATIE

## Melody's Corn Maque Choux

armagazine.com/maque_choux

*"A common Creole dish that can be served as a side dish to any combination of meat and potatoes, pasta, or rice dishes. Prep time depends on whether or not you chop your own seasonings or use frozen pre-chopped seasonings. Cook time depends on how long it takes to prepare and cook the rest of the meal. Number of servings depends on how much everybody likes it."*
—MELODY AKA PUMPLIN

- **2 slices bacon** *[From our kitchen: We we recommend increasing the bacon to 4 to 6 slices.]*
- **1 tablespoon bacon drippings**
- **3 tablespoons butter**
- **1 cup chopped onion**
- **½ cup diced celery**
- **½ cup diced green bell pepper**
- **½ cup diced red bell pepper**
- **1 tablespoon minced fresh thyme**
- **1 teaspoon salt**
- **½ teaspoon ground black pepper**
- **1 pinch Creole seasoning (see page 102), or to taste** *[From our kitchen: We recommend increasing the seasoning to ½ to ¾ teaspoon.]*
- **5 cloves garlic, minced**
- **½ cup beef broth**
- **1 (20-ounce) package frozen corn kernels** *[From our kitchen: If you can get it, fresh corn cut off the cob would be amazing in this recipe!]*
- **¼ cup minced fresh parsley**

1. Cook bacon in a skillet over medium, turning occasionally, until evenly browned and crisp, about 10 minutes; drain on paper towels. Reserve 1 tablespoon bacon drippings. Allow bacon to cool, crumble and set aside.
2. Melt butter with the bacon drippings in a large saucepan over medium heat. Cook and stir onion, celery, green bell pepper, red bell pepper, thyme, salt, black pepper, and Creole seasoning in the butter mixture until onion is translucent, about 8 minutes.
3. Stir in garlic and cook until fragrant, about 2 more minutes. Mix in beef broth and corn; bring to a boil.
4. Cover the saucepan and reduce heat to low; simmer until broth is nearly evaporated and vegetables are tender, about 20 more minutes. *[From our kitchen: We only needed about 10 minutes of cooking for the veggies to be tender.]* Stir in crumbled bacon and parsley. Dish can be simmered longer or held over low heat.

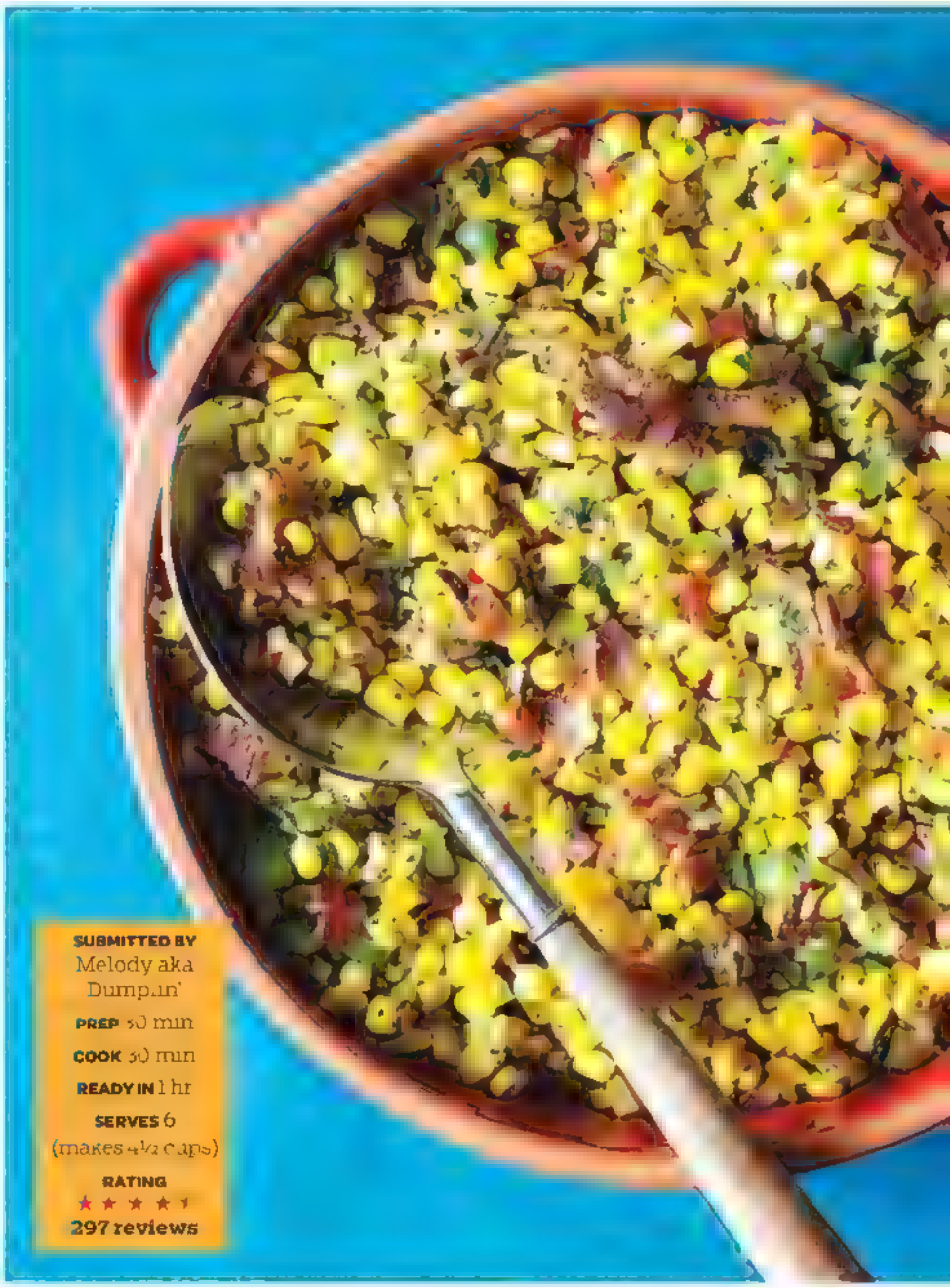
**PER ¾-CUP SERVING** 197 CAL, 10 g FAT (5 g SAT), 5 g PRO, 25 g CARB, 4 g FIBER, 608 mg SODIUM, 21 mg CHOL

SAID

*First time I've had maque choux so I have no basis of comparison. Nonetheless, this was delicious, spicy and a welcome change for side dishes.* —BONNIE59

*This is one delicious side dish. I used yellow and white corn, more Creole seasoning, spicy salt in place of regular salt, and cayenne. Oh, and about four rashers of thick-cut pepper bacon (more YUM!). I also used about a cup or so of beef broth, and let it simmer down and absorb all of that flavor.* —SAVEUR

*Made this for recipe group...we really liked it a lot! I omitted the thyme, because I didn't have any, and we aren't big fans of it but followed recipe otherwise. This will be a repeat side dish in my house.* —CHRISTINA



**SUBMITTED BY** Melody aka Dumplin'
**PREP** 30 min
**COOK** 30 min
**READY IN** 1 hr
**SERVES** 6 (makes 4½ cups)
**RATING** ★★★★½
**297 reviews**

allrecipes.com
5 STAR RATING

# Real N'awlins Muffuletta

armagazine.com/muffuletta

*"These gigantic sandwiches were invented a century ago at Sicilian Deli in New Orleans. The spicy, tangy olive salad is what really sets this meat and cheese sandwich apart. A genuine muffuletta should be made on oven-fresh Italian bread topped with sesame seeds. Be sure and use the highest-quality ingredients available; it really makes a difference! Since you're going to all the trouble of making the olive salad, consider doubling the recipe so you'll have some extra waiting around for when you get another muffuletta craving—it keeps for at least a month! Note: Use round bread loaves for real muffuletta."* —JENN

**FOR OLIVE SALAD**

- 1 cup pimiento-stuffed green olives, roughly chopped
- ½ cup drained Kalamata olives, roughly chopped
- 2 cloves garlic, minced
- ¼ cup roughly chopped pickled cauliflower florets
- 2 tablespoons drained capers
- 1 tablespoon chopped celery
- 1 tablespoon chopped carrot
- ½ cup pepperoncini, drained and roughly chopped *[From our kitchen: You could also use sliced pickled hot peppers and reduce amount to ¼ cup.]*
- ¼ cup marinated cocktail onions, roughly chopped
- ½ teaspoon celery seed
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ¾ teaspoon ground black pepper
- ¼ cup red wine vinegar
- ½ cup olive oil
- ¼ cup canola oil

**FOR SANDWICHES**

- 2 (1-pound) loaves Italian bread
- 8 ounces thinly sliced Genoa salami
- 8 ounces thinly sliced cooked ham
- 8 ounces sliced mortadella
- 8 ounces sliced mozzarella cheese
- 8 ounces sliced provolone cheese

**To Make Olive Salad:** In a medium bowl, combine the green olives, Kalamata olives, garlic, cauliflower, capers, celery, carrot, pepperoncini, cocktail onions, celery seed, oregano, basil, black pepper, vinegar, olive oil and canola oil. Mix together and transfer mixture into a glass jar (or other nonreactive container). If needed, pour in more oil to cover. Cover jar or container and refrigerate at least overnight. *[From our kitchen: This salad is fantastic, but there are a lot of ingredients! If you want to put time in front of authenticity, you can buy jarred Italian pickled vegetables—often called Giardiniere—at most supermarkets.]*

**To Make Sandwiches:** Cut loaves of bread in half horizontally; hollow out some of the excess bread to make room for filling. Spread each piece of bread with equal amounts olive salad, including oil. Layer bottom of each loaf with half of the salami, ham, mortadella, mozzarella and provolone. Replace top on each loaf and cut sandwich into slices.

Serve immediately, or wrap tightly and refrigerate for a few hours; this will allow for the flavors to mingle and the olive salad to soak into the bread. *[From our kitchen: To speed things up, you can wrap the loaves tightly in plastic wrap and weigh down with heavy pots filled with cans. Leave at room temperature for an hour or two. The flavorful oil will soak into the bread quicker and you can serve sooner.]*

**PER SERVING** 639 CAL, 39.3 g FAT (12 g SAT), 26.8 g PRO, 42.9 g CARB, 2.4 g FIBER, 1937 mg SODIUM, 61 mg CHOL

Blipp to see this recipe in motion (blipp details is on page 4), or go to armagazine.com/muffuletta-video

SAID

*I haven't made the sandwiches yet, we will have them for dinner. But I'm rating the olive salad. I absolutely love it! I snuck a taste after mixing the ingredients and this olive salad is as close to Central Grocery's as you can get.* —LOSTJUJUBEANS

*Wow!! I cannot say enough about how great this sandwich is! Chopping a lot of the relish ingredients in the food processor (as someone else suggested) sure was a time saver. I toned the spices down a lot because I don't like hot things, and I left off the onions, too. I reduced the amount of oil a ton—used only ¼ cup olive oil, and omitted the canola oil entirely.* —KRANEY

*I can't say enough about this recipe. Most of my co-workers have gourmet palates and they really love this sandwich. I use the French "miche" bread from Panera Bread® when making this.* —MELANIE1128

**SUBMITTED BY** Terri
**PREP** 20 min
**COOK** 45 min
**READY IN** 1 hr, 5 min
**SERVES** 6 (makes 8 cups)
★★★★½
**305 reviews**

## Jambalaya

armagazine.com/jambalaya

*"Spicy jambalaya with chicken and andouille sausage."* —TERRI

- **2 tablespoons peanut oil, divided**
- **10 ounces andouille sausage, sliced into rounds**
- **1 pound boneless skinless chicken breasts, cut into 1-inch pieces**
- **1 tablespoon Cajun seasoning (see page 102)**
- **1 onion, diced**
- **1 small green bell pepper, diced**
- **2 ribs celery, diced**
- **3 cloves garlic, minced**
- **1 (16-ounce) can crushed Italian tomatoes**
- **½ teaspoon red pepper flakes**
- **½ teaspoon ground black pepper**
- **1 teaspoon salt**
- **½ teaspoon hot pepper sauce**
- **2 teaspoons Worcestershire sauce**
- **1 teaspoon filé powder** *[From our kitchen: Filé—pronounced FEE-lay—is ground sassafras leaves, used for thickening and flavor in Creole dishes.]*
- **1¼ cups uncooked white rice**
- **2½ cups chicken broth**

1. Heat 1 tablespoon of peanut oil in a large heavy Dutch oven over medium heat. Sprinkle the sausage and chicken pieces with Cajun seasoning. Sauté sausage until browned about 6 minutes. Remove with slotted spoon, and set aside. Add remaining tablespoon peanut oil, and sauté chicken pieces until lightly browned on all sides, about 4 minutes. Remove with a slotted spoon, and set aside.
2. In the same pot, sauté onion, bell pepper, celery, and garlic until tender, about 5 minutes. Stir in crushed tomatoes, red pepper flakes, black pepper, salt, hot pepper sauce, Worcestershire sauce, and filé powder. Stir in chicken and sausage. Cook for 10 minutes, stirring occasionally.
3. Stir in the rice and chicken broth. Bring to a boil, reduce heat, and simmer for 20 to 25 minutes, or until liquid is absorbed. *[From our kitchen: We needed an additional ½ cup chicken broth and an extra 5 minutes of simmering for our rice to be tender.]*

**PER 1⅓-CUP SERVING** 459 CAL, 19.6 g FAT (5.7 g SAT); 27.7 g PRO; 42 g CARB; 3 g FIBER; 1233 mg SODIUM; 71 mg CHOL

SAID

*This was AH-MAZING! Even though I had to use Italian sausage (all I had!) it was still great. I added extra spices, Tabasco, etc. because we love spicy. Oh, and I used RO*TEL® instead of Italian tomatoes. Love that you just stir in uncooked rice—so easy.* —CORNFLAKEGIRL

*For those of you who are saying your rice didn't get done completely, make sure you cover the pot and don't stir it once it's covered. As long as the heat isn't turned up too high, you won't burn anything, just let it simmer with the lid on the pot for 20 to 25 minutes and the rice will be perfect. Also, you are doing this dish a great injustice if you cook the rice separately. The whole purpose of putting it in with the rest of the ingredients is to flavor the rice.* —FYRHAZZYRD

*Very good and very spicy! I wanted to make jambalaya for my husband who is originally from Louisiana, we both loved it but he says there are no tomatoes in the jambalaya he grew up eating. I say who cares, it was yummy.* —POISONIVY250

*This was great! It was somewhat spicier than we were expecting, so if you have kids or have someone in your family who can't take heat, I would say cut back on the pepper. Otherwise I wouldn't change a thing! Delish!* —SHANNON

*My sister recommended this recipe to me, and she was right on. My husband and I used turkey andouille sausage to cut down on the fat content and added some extra veggies (red bell pepper, zucchini, and yellow squash—all diced) to make it a more complete meal, and it was fantastic.* —CAROLINE

*Definitely a 5-star recipe. Made this for 80 people and they TORE IT UP! Nothing but compliments! Thanks for posting such a great meal idea :)* —NITROBURNS

**SUBMITTED BY**
mississippi marion

**PREP** 1 hr

**COOK** 40 min

**READY IN**
4 hr 40 min

**MAKES** 1 king cake (serving 12)

This was a beautiful dough to work with, and only needs one rise, which saves time. To decorate our cake, we used a small round cookie cutter as a stencil and sprinkled the sugar inside of it, so the sugar looks like Mardi Gras beads. Colored decorating sugars are available at fancyflours.com.

Hidden Gem

## Buttermilk King Cake with Cream Cheese Filling

armagazine.com/king-cake

*"I grew up eating king cake in NOLA but never really LIKING it. I finally decided to give it a go myself and have to say that this is, hands down, the best I've ever eaten. A conglom of several recipes, it's great with coffee, not too sweet, not too bready, with a rich, tender crumb and the traditional lemon/nutmeg flavors of a genuine NOLA king cake. Best eaten same day but pretty darn good the day after (if there are leftovers!). Enjoy, y'all!"* —MISSISSIPPIMARION

**FOR DOUGH**
- **4 cups all-purpose flour, plus ¼ cup additional**
- **½ cup white sugar**
- **1 (.25 ounce) package rapid rise yeast**
- **1¼ teaspoons salt**
- **3 eggs at room temperature**
- **6 tablespoons butter**
- **¾ cup Bulgarian-style buttermilk** *[From our kitchen: You can use regular lowfat buttermilk in place of the Bulgarian.]*

**FOR FILLING**
- **1 (8-ounce) package cream cheese at room temperature**
- **1 cup powdered sugar**
- **2 tablespoons all-purpose flour**
- **2 tablespoons lemon juice**
- **1 teaspoon vanilla extract**
- **¼ teaspoon ground nutmeg**

**FOR EGG WASH**
- **1 egg**
- **¼ cup water**

**FOR ICING**
- **1 cup powdered sugar**
- **4 teaspoons corn syrup**
- **4 teaspoons milk**
- **1 teaspoon lemon juice, or as needed**

**Make dough:** Mix 4 cups of flour, sugar, yeast, and salt together in the bowl of a stand mixer fitted with a dough hook.

Whisk eggs in a separate bowl. Melt butter in a saucepan over low heat, then whisk buttermilk into melted butter. Heat until an instant-read thermometer reads 120 degrees F. Whisk buttermilk mixture into beaten eggs and cool the mixture to 110 degrees F.

Beat egg mixture into flour mixture on medium-low speed to make a firm, elastic dough, about 10 minutes. If dough doesn't pull away from the sides of the mixing bowl during kneading, beat in ¼ cup more flour. *[From our kitchen: We needed an additional ½ cup flour to get dough to pull away from bowl cleanly.]*

Turn dough out onto a work surface and knead for 1 minute; form into a ball and place into a buttered bowl, turning dough around to lightly coat with butter. Cover bowl with plastic wrap and let dough rise in a warm place until doubled, about 2 hours.

Preheat oven to 350 degrees F. Butter the outside edges of an 8-inch cake pan.

**Make filling:** Stir cream cheese, powdered sugar, flour, lemon juice, vanilla extract, and nutmeg in a bowl until filling is smooth.

Punch down dough and turn out onto a lightly floured piece of parchment paper. Roll dough into a 10x28-inch rectangle. Spread cream cheese filling over the rectangle leaving a 1-inch border along each edge. Lift an edge of the parchment paper sheet to roll dough into a log shape, starting at a long edge. Pinch seam closed to seal in filling, keeping roll on the parchment paper.

Wrap the filled dough around the outside of the buttered cake pan to form the dough into a ring, pinch the ends closed. Use parchment paper to lift the cake and cake pan and slide a baking sheet beneath the parchment. Gently free cake pan, leaving the ring-shaped cake.

**Make egg wash:** Whisk egg with water in a small bowl, brush cake with egg wash.

Bake king cake in oven until golden brown, 40 to 45 minutes. Let cake cool.

**Make icing:** Stir together powdered sugar, corn syrup, and milk in a bowl; mix in 1 teaspoon lemon juice, adding more if needed to thin icing to a thick but slightly runny texture. Drizzle king cake with icing.

**Note from mississippimarion:** Other optional ingredients include purple, green, and gold decorating sugar and a king cake baby, dried bean, or other tiny food-safe trinket. If desired, insert king cake baby into cake from underneath, and dust iced cake with colored sugars.

**PER SERVING** 437 CAL; 14.6 g FAT (8.5 g SAT); 9.1 g PRO; 67.7 g CARB; 1.4 g FIBER; 382 mg SODIUM; 107 mg CHOL

Cooking School

# Get Sharp!

You're a grownup. You deserve at least one super-sharp cutting utensil. A knife that doesn't squish your tomatoes or bounce off of your bell pepper. A blade that means business. If you cook even once a week, sharpening your best knife now will shave frustration and hours (*hours!*) from your kitchen prep in the year to come. Here's one easy way to sharpen up. —NICHOLIO

**Honing with a steel** helps a rounded or crooked knife edge stand up straight again. Though it can't fix a blade that's really dull, periodic honing can help a sharp knife stay edgy

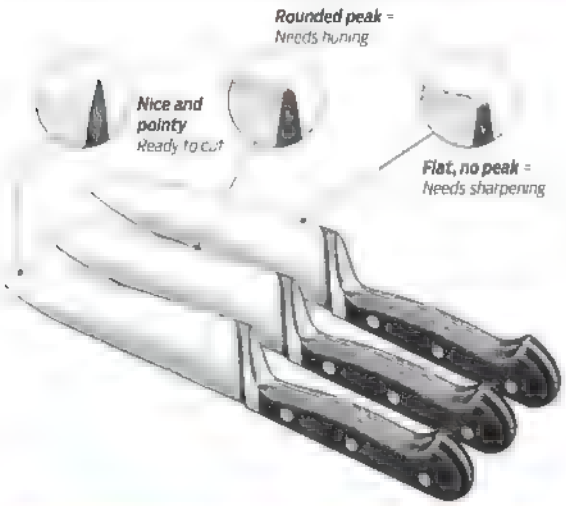
**Sharpening with a whetstone** removes some of the metal from the blade and restores an angled cutting edge. Sharpen only when your knife is dull; for most of us, that's once or twice a year.

## SIGNS THAT IT'S TIME

*Your knife probably needs sharpening if:*

- **Light reflects off the cutting edge.** That means it's more like a plateau than a peak, and functions more like a mallet than a knife.
- **You cry every time you chop onions.** A dull blade bruises before cutting, releasing more of the compounds that make your eyes water.
- **It snags rather than cuts plastic** when you try to slice open a bag of baby carrots or a package of frozen peas.
- **It routinely takes a beating.** Clattering against the bottom of the sink, bumping around in a drawer, and cutting on hard surfaces (such as glass, metal, or stone) can wear a good knife down.
- **It hasn't been sharpened in the last 2 years**—or ever.

## CHECK YOUR BLADE



1 All you needs a towel, water, and a combination whetstone. A two-sided stone looks like a thin brick and functions like a nail file. It has a coarse side that grinds away some of your knife's metal, resetting the angle of the edge, and a finer side that sands away less metal, smoothing the edge. Combination whetstones typically are marked with grit numbers such as 250/1,000 or 1,000/6,000. The low number indicates the coarse side, the high number, the fine side. (The higher the number, the finer the grit.) Either of these combinations—or, really, any range in between—will work for most non-serrated knives. You can find whetstones at kitchenware stores for as little as $30 (surlatable.com).

2 Set the stone on a towel (to protect your counter, absorb runoff, and keep the stone from slipping), and pour about ½ cup water onto the stone. Start with the coarse side up, and don't skimp on the water—it helps makes a slurry of tiny particles (like a scouring cleanser or metal polish) as you drag your knife across the surface. It also keeps metal shavings from clogging the stone's pores.

3 Rest the blade on the stone at an angle of about 22 degrees. You can use two pennies, stacked and placed beneath the spine, as an easy way to check the angle.

PHOTOGRAPHS: PETER ARDITO • ILLUSTRATION: ALAN NITSCHKE

4 Remove the penn es and keeping you r knife at the two-penny ang e, glide the blade across the stone in one fluid stroke, working only in one direct on. Use your free hand to help guide the blade and apply pressure, putting your fingers wherever feels right for best contro . Repeat this stroke 10 to 20 times or more, depending on how dul the edge and how hard the knife's metal Professional knife-sharpeners often will keep sharpening until they can feel the "burr"—a litt e curl of meta that forms on the side of the blade opposite from the one being sharpened. That s how they know they've shaved enough off

5 Turn the b ade over and repeat step 4 on the other s de of the blade t's important that the stone stays wet throughout the process, so pour on more water as needed. When you're done, flip the stone over so that the fine side is facing up, wet it with water, and repeat al the sharpening strokes on the fine side of the stone. Th s smoothes and polishes the sharp new edge you just created w th the coarse side

6 Rinse and carefu y w pe off the blade w th a towe to remove s urry and meta shavings. (And toss that towel into the laundry ) Rinse the stone well and et it air-dry thorough y.

7 For a finish ng touch, stroke each side of the blade a few times on a steel. Check out Chef John's video (info at right) for details. Using a steel each time you use your knife will help it stay sharp longer

### ANOTHER SHARP IDEA

If DIY isn't your thing—and you're willing to pay someone else to take a stab (ha!) at sharpening your knives—check with kitchenware or hardware stores, or full-service butchers in your area. Because these folks are familiar with blades of all sorts (knives, cleavers, and gardening and carpentry tools), they often can suggest or provide good local sharpening services. Some cities even have mobile sharpening trucks that come right to you.

Not sure how to use a steel? Just blipp it to see Chef John walk you through it, step by step (page 4 has bl pping details). Or go to armagazine.com/knife-steel-video

Better Homes gardenstore

# Grow Your Own Berries!

## BrazelBerries® Jelly Bean™

### Blueberries in abundance!

Jelly Bean™ is a charming little Blueberry, but don't let its dwarf size fool you. This little wonder is prolific, producing clusters of medium to large, sweet Blueberries midseason. Bright green foliage emerges in spring and then gives way to darker greens and reds throughout the summer and fall. These versatile, 1-2ft plants are equally attractive as a shorter hedge or in a decorative container on the patio. Jelly Bean™ is self-pollinating. Recommended for zones 4-7 S/4-8 W. Ships in a one gallon pot mid-March to June, weather permitting. Sorry, we are unable to ship to AK, CA, GA, HI, OR, and WA. **Item MM004767, $31.95, plus shipping.**

SUPER SWEET FLAVOR

## BrazelBerries® Raspberry Shortcake™

### Dwarf Thornless Raspberry

A revolutionary dwarf and thornless Raspberry! We are pleased to be among the first to introduce BrazelBerries® Raspberry Shortcake™ -- a smaller Raspberry variety with full-size berries. Plants thrive in containers as well as in your garden and require no staking. The carefree, compact shape means no big garden spaces are required. You'll love harvesting the delicious sweet berries right from your patio. Plus there are no thorns to get in your way. This dwarf red Raspberry sends out lots of new canes each spring that produce more midseason fruit every year. BrazelBerries® Raspberry Shortcake™ grows to a height of 3ft, making it perfect for compact spaces and container gardening. Plants are self-pollinating. Recommended for zones 5-9 W / S. Ships in a one gallon pot mid-March to June, weather permitting. Sorry, we are unable to ship to AK and HI. **Item MM004721, $31.95, plus shipping.**

SIMPLE TO GROW

**Limited quantities! Call White Flower Farm at 1-800-420-2852 to order and refer to code SIP01, or go to BHGGardenStore.com to order online.**

**Order early; quantities are limited and are reserved on a first-come, first-served basis.**

ADVERTISEMENT

# Wing it

Allrecipeeps are total pros when it comes to recipes that taste like what you can order at your favorite restaurant but can make at home for a fraction of the cost. Wings are a year-round favorite, but with Super Bowl right around the corner, it's practically peak season for this classic appetizer. There's lots of debate about whether these are truly "Buffalo style" wings (go online to read through the hundreds of comments), but there's no question that they're *delicious*.

**SUBMITTED BY** Kelly
**PREP** 15 min
**COOK** 15 min
**READY IN** 2 hr
**SERVES** 5
**RATING** ★★★★★
**2,112 reviews**

SAID

***A little messy but very delicious! We will enjoy NOT spending money for these at restaurants any more.*** —BAREFOOTING

***I love these and they're really easy to make at home. I decided to bake them instead of fry them so they didn't taste just like Hooters' but they were still great and much better for you. Excellent, and you'll never miss the deep-fried taste!*** —AMYPOLL

***What I like is that when I have company, I can prepare the sauce ahead (have the wings floured and ready for the oven)—it's no-stress entertaining.*** —NANCYCLANCY

***I did these two ways simultaneously, and they were great both ways. I fried one batch of the wings as indicated in the recipe (I used peanut oil). I also baked another batch at 350 degrees F for 45 minutes, then at 375 degrees F for 10 minutes, and then broiled for about 3 minutes. The result? Both batches were just amazing and would be a hit anywhere.*** —SPALLENHOU

***Very awesome! Try adding honey to your sauce. It cuts the heat a bit and adds flavor.*** —PKMAIL

***I use boneless breasts and cut them up for "boneless wings." I soak them in an egg/milk mixture so I can skip the fridge step. Add garlic salt to taste and about a teaspoon of white vinegar to the sauce. These are the best!*** —ROCKY

## RESTAURANT-STYLE BUFFALO CHICKEN WINGS

armagazine.com/buffalo-wings

*"This is similar to the hot wings recipe served at a popular restaurant chain. If you have ever had them, you have to love them."* —KELLY

- ½ cup all-purpose flour
- ¼ teaspoon paprika
- ¼ teaspoon cayenne pepper
- ¼ teaspoon salt
- 10 chicken wings *[From our kitchen: We got a 2-pound package of pre-separated wings—wingettes and drumettes—and it had 12 wings.]*
- Vegetable oil for deep frying *[From our kitchen: We needed about 6 cups of oil.]*
- ¼ cup butter
- ¼ cup hot sauce
- 1 dash ground black pepper
- 1 dash garlic powder

In a small bowl mix together the flour, paprika, cayenne, and salt. Place chicken wings in a large glass dish or bowl and sprinkle flour mixture over them until they are evenly coated. Cover dish or bowl and refrigerate for 1 to 1½ hours.

Heat oil in a deep fryer to 375 degrees F *[From our kitchen: We used a 5-quart Dutch oven and a deep fat thermometer, and made sure our oil was about 2 inches deep.]* Meanwhile, combine the butter, hot sauce, black pepper and garlic powder in a small saucepan over low heat. Stir together and heat until butter is melted and mixture is well blended. Remove from heat and reserve.

Fry coated wings in hot oil for 10 to 15 minutes, or until parts of wings begin to turn brown. *[From our kitchen: We fried our wings in two batches to avoid overcrowding the pan.]* Remove from oil, place wings in serving bowl, add hot sauce mixture and toss together until wings are coated. Serve warm.

**PER 2-WING SERVING** 364 CAL, 32.4 g FAT (9.6 g SAT); 7.9 g PRO; 10.7 g CARB; 0.5 g FIBER; 497 mg SODIUM; 44 mg CHOL

Blipp it, watch it, cook it! (Blipp details on page 4.) Or go to armagazine.com/buffalo-wings-video

**Tip:** Don't skip refrigerating the breaded wings for the 90 minutes. It keeps the breading on the wings, which allows for that perfect crispy coating after frying.



PHOTOGRAPH BY ANDY LYONS

Better Homes gardenstore

# NEW Purple Beauties For Your Garden!

## A Lilac That Reblooms

### Blooms Twice Per Season

This latest member in the exceptional Bloomerang® series of fragrant, reblooming Lilacs is taller, with larger flower clusters arrayed luxuriantly on dense branches. Deep purple buds and lavender-blue florets create a striking spring color show followed by intermittent late summer displays. A Proven Winners® variety. Recommended for zones 4-7 S/4-8 W. Ships in a 2quart pot mid-March to June, weather permitting. Lilac Bloomerang® Dark Purple, **Item MM067623, $24.95, plus shipping.**

**Order Now! Limited Quantities!**

**Call 1-800-420-2852**

## Beautiful Butterfly Bush

### Seedless, Fragrant & Deer Resistent

Sweetly scented, dark purple flowers decorate this seedless Butterfly Bush from midsummer into fall. Flower spikes are huge and they're carried on stems that reach 4ft, growing taller in warmer areas. Butterflies find the blooms absolutely irresistible and swarm around them on warm summer afternoons. Being sterile, the blossoms last longer and the plant is noninvasive. A Proven Winners® variety. Recommended for zones 5-9 S/5-10 W. Ships in a 2quart pot mid-March to June, weather permitting. Sorry, we are unable to ship to OR or WA. Buddleia Inspired™ Violet, **Item MM060718, $19.95, plus shipping.**

Call White Flower Farm at **1-800-420-2852** to order and refer to code **SIP01**, or go to **BHGGardenStore.com** to order online.

**Order early; quantities are limited and are reserved on a first-come, first-served basis.**

ADVERTISEMENT

# The Lord of Lasagna

allrecipes.com
★★★★★
5-STAR RATING

**SUBMITTED BY** JohnChandler
**PREP** 30 min
**COOK** 2 hr 30 min
**READY IN** 3 hr 15 min
**SERVES** 12 (makes 7 cups sauce)
**RATING** ★★★★★ 7,734 reviews

Make the sauce a day ahead, then reheat before assembling. The flavors will develop, and you'll eat dinner a lot sooner!

## WORLD'S BEST LASAGNA

armagazine.com/worlds-best-lasagna

*"It takes a little work, but it is worth it."* -JOHNCHANDLER

**FOR SAUCE**

- 1 pound sweet Italian sausage
- ¾ pound lean ground beef
- ½ cup minced onion
- 2 cloves garlic, crushed
- 1 (28-ounce) can crushed tomatoes
- 2 (6-ounce) cans tomato paste
- 2 (6.5-ounce) cans tomato sauce *[From our kitchen: We had trouble finding 6.5-ounce cans, so we used a 15-ounce can instead.]*
- ½ cup water
- 2 tablespoons sugar
- 1½ teaspoons dried basil
- ½ teaspoon fennel seeds
- 1 teaspoon Italian seasoning
- 1 tablespoon salt *[From our kitchen: Many of the reviews noted that this was a bit on the salty side, so we recommend starting with 1 teaspoon and increasing as needed.]*
- ¼ teaspoon ground black pepper
- 2 tablespoons chopped fresh parsley

**FOR LASAGNA**

- 12 lasagna noodles
- 16 ounces ricotta cheese *[From our kitchen: We like a really cheesy, creamy lasagna, so we recommend doubling the ricotta; if you take our advice, add an additional egg, too!]*
- 1 egg
- 2 tablespoons chopped fresh parsley
- ½ teaspoon salt
- ¾ pound sliced deli-style mozzarella cheese *[From our kitchen: To the "cheesy" point above, we increased our mozzarella to a pound.]*
- ¾ cup grated Parmesan cheese

*Recipe continued on next page*

**Posted on Allrecipes.com more than a decade ago by John Chandler, World's Best Lasagna is now the most popular lasagna recipe on the site. Recently, John has experienced a flurry of media attention over his recipe: *The Washington Post* and ABC's *Good Morning America* caught wind of his Internet success, and he's been interviewed by both. We checked in with John at his Dallas home:**

"I'm still in shock that something I posted on the web in 2001 has gotten so much attention. When *The Washington Post* reached out this past fall, I thought it was a joke...next thing I know, I'm on live national television, yelling, "Good Morning America," and talking about my lasagna.

The recipe is my mother's—she passed away some time ago. I first made it when I was 16; my mom challenged me to make dinner on my own, and I did! I've tweaked it over the years to make it my own, but it's basically still hers.

My favorite thing about having the recipe on Allrecipes.com is reading the reviews. When people thank me in the comments or customize it to their own tastes, it really makes me smile. They've taken something I made and turned it into their own creation."
—JOHNCHANDLER

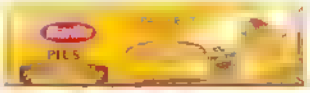
FOOD PHOTOGRAPH BY SHER GIBSON

# FIVE-STAR FINDS

PRODUCTS, EVENTS, OFFERS AND PROMOTION

## THE CHEW

The Chew serves up the rec pes, crafts and tips to help you make the new year flavorful and fun
.thechew.com

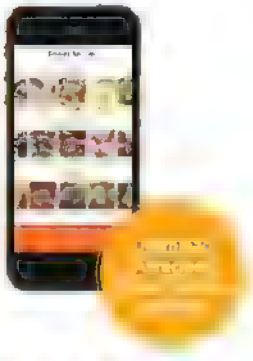



## VANILLA PLUS IS PACKED WITH PROTEIN POWER

A strong choice for your family meal, Bari a PLUS has 17g of protein per 3 5 oz port on and the great taste your family loves
Bar...a.com/PLUS

## THE ALL-NEW DINNER SPINNER

The world s #1 recipe app is even better than before Now, with the re magined Allrec pes D nner Spinner app, you can search rec pes, save recipes to your Allrecipes Recipe Box, watch videos, upload rec pe photos to Facebook Pinterest and more



App Store

## YOU COULD SAVE $500 ON YOUR CAR INSURANCE WITH GEICO

GE CO has been n the business of saving people money on car insurance for more than 75 years, and we'd ove to do the same for you. Get a quote today and see how much you could save. Go to ge.co.com or ca 1-800-947-AUTO (2886)

GEICO

allrecipes magazine KITCHEN CONNECTION

## JOIN THE ALLRECIPES KITCHEN CONNECTION

There can never be too many cooks in our kitchen and we want to hear from them a

Reg ster today to become a member of the A rec pes magazine reader pane for samp es, offers product test ng, sweepstakes, surveys and more
AEmagaz ne.com/K tch n

## AN EASY START TO AN INCREDIBLE DAY

For a quick and easy way to add natural high-qua ty protein to your breakfast, try a m crowave egg recipe Visit IncredibleEgg.org to learn more

facebook.com/all

**To make sauce:** In a large, heavy pot, cook sausage, ground beef, onion, and garlic over medium heat until well-browned. Stir in crushed tomatoes, tomato paste, tomato sauce, and water. Stir in sugar, basil, fennel seeds, Italian seasoning, 1 tablespoon salt *[From our kitchen: See our note on salt in ingredient list.]*, pepper, and 2 tablespoons parsley. Simmer, covered, for 1½ hours, stirring occasionally.

**To make lasagna:** Bring a large pot of lightly salted water to a boil. Boil lasagna noodles for 8 to 10 minutes. Drain noodles and rinse with cold water. In a mixing bowl, combine ricotta cheese with egg, 2 tablespoons parsley, and ½ teaspoon salt.

Preheat oven to 375 degrees F.

**To assemble:** Spread 1½ cups of meat sauce in the bottom of a 9x13-inch baking dish. Arrange 6 noodles lengthwise over meat sauce. Spread with one half of the ricotta cheese mixture. Top with a third of mozzarella cheese slices. Spoon 1½ cups meat sauce over mozzarella, and sprinkle with ¼ cup Parmesan cheese. Repeat layers, and top with remaining mozzarella and Parmesan cheese. *[From our kitchen: Since we upped the amounts of cheese when we tested, the layering changes a bit. If you take our suggestions, you should top the first ricotta layer with half of the mozzarella slices. Spoon 1½ cups meat sauce over mozzarella, and sprinkle with ¼ cup Parmesan. Continue layering: 1½ cups sauce, 6 noodles, remaining ricotta cheese, ¼ cup parmesan, 1½ cups sauce, and top with remaining half of mozzarella and ¼ cup Parmesan.]* Cover with foil, to prevent sticking, either spray foil with cooking spray, or make sure the foil does not touch the cheese.

Bake for 25 minutes. Remove foil, and bake an additional 25 minutes. Cool 15 to 20 minutes before serving.

**PER SERVING** 448 CAL; 21.3 g FAT (9.9 g SAT); 29.7 g PRO; 36.5 g CARB; 4 g FIBER; 1788 mg SODIUM; 84 mg CHOL

Blipp to see how to make this recipe, or go to **armagazine.com/worlds-best-lasagna-video**

Ready for your close-up: Food stylist Paul Grimes carefully assembles the five-star lasagna for our photo shoot. The best part? Eating it once we got our shots!

***My family and friends thought this was an old secret family recipe. It is now, and they will never know.*** —ITALCOOK

***I quadrupled this recipe for 32 men, and it went over so well...they came back for seconds, and asked for the recipe for their wives. How many men do YOU know that ask for a recipe?*** —SYLVIA

***I finally found a lasagna that doesn't fall apart on a plate but isn't dry either!*** —SYMCAT

***I'm afraid to make this for my Mom—don't want to hurt her feelings, she's worked a long time perfecting hers—but WOW this one was better. Thanks for the recipe!*** —JOHNKIM

***This was literally the best lasagna I've ever had in my life! It's a little time-consuming, but worth every minute!! My husband made it, so it can't be that hard.*** —JROSEBUD

***I make this sauce by itself all the time to use with spaghetti. I also use ground turkey breast and turkey sausage to cut down on the fat and it's really, really good. Everyone who has tried it loves it!*** —ASHBETH

***This lasagna is great and the sauce itself is awesome too. My husband told me that this sauce is better than the one I usually make, and that one was his mother's recipe.*** —JOJOWIFE

***For years my in-laws have been fighting over whose lasagna was the best, so I found this recipe and thought, "why not join the competition, I'll give it a try." This was SO good that they don't even talk to me anymore.*** —COOKINGMAMA

advertisement

allrecipes magazine
KITCHEN
CONNECTION

Registration is *Free!*

# *Join*

## THE ALLRECIPES KITCHEN CONNECTION

There can never be too many cooks in our kitchen and we want to hear from them all.



Join the *Allrecipes* magazine reader panel today for:

- NEW PRODUCT TESTING & SAMPLE GIVEAWAYS
- SWEEPSTAKES & CONTESTS
- PROMOTIONAL OFFERS & COUPONS
- LOCAL EVENT INVITATIONS
- SURVEYS & SHOPPING INSIGHTS
- IN-MAGAZINE FEATURES AND MORE!

**ARMAGAZINE.COM/KITCHEN**

Blipp to link to the registration site.

# RECIPE INDEX

## Appetizers

Easy Roasted Red Pepper Hummus 36
Finger Lickin' Onion Dip 35
Restaurant-Style Buffalo Chicken Wings 114
Seared Scallops with Jalapeño Vinaigrette 48
Seven Layer Dip II 37
Southern Pimento Cheese 34
Vegetable Dill Dip 77


## Desserts

Best Brownies 44
Bread Pudding in the Slow Cooker 67
Buttermilk King Cake with Cream Cheese Filling 108
Chocolate Covered Strawberries 52
Yia Yia's Baklava 20


## Miscellaneous

Roasted Garlic Bread 40
Spinach and Spaghetti Squash Quiche 84
Squash Braid 89


## Main Dishes

### BEEF


Baked Spaghetti Squash with Beef and Veggies 93
Bolognese Stuffed Bell Peppers 18
Fusion Chili 38
Sloppy Joes II 70
Slow-Cooker Corned Beef and Cabbage 64
Slow-Cooker Pepper Steak 66
World's Best Lasagna 116


### CHICKEN/POULTRY


Stuffed Peppers with Turkey and Vegetables 19
Teriyaki Marinated Chicken 76
White Chili II 39

### PASTA


Fettuccine Alfredo 50
Butternut Squash Risotto 92


### PORK


Chef John's Italian Meatballs 72
Ham and Cheese Bowties 71
Jambalaya 107
Real N'awlins Muffuletta 106
Slow-Cooker Barbecue Ribs 61

### SEAFOOD


Boudreaux's Zydeco Stomp Gumbo 100
Broiled Tilapia Parmesan 75
Shrimp and Grits Louisiana Style 102
Slow-Cooker Fish Chowder 65
Southern-Style Oven Fried Catfish 104


## Side Dishes

Broccoli Cornbread with Cheese 74
Buttermilk Hush Puppies 101
Melody's Corn Maque Choux 105
Pesto Spaghetti Squash 87


## Soup & Salad

Fig and Arugula Salad 51
Mustard Vinaigrette 40
Slow Cooker Chicken Tortilla Soup 62


## Vegetarian

Back Burner Ratatouille 60
Butternut Squash Pizzas with Rosemary 91
Delicata Squash Burger Patties 85
Fettuccine Alfredo 50
Moroccan-Style Stuffed Acorn Squash 88


Allrecipes (ISSN: 2328-0263) February/March 2014, Volume 1, Number 3. Allrecipes is published bi-monthly in February/March, April/May, June/July, August/September, October/November, and December/January by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023. Back issue copies available. SUBSCRIPTION PRICES: U.S. and its possessions, 1 yr. $24.00; Canada, 1 yr. $36.00. Periodicals postage pending at Des Moines, IA, and at additional mailing offices. POSTMASTER: Send all UAA to CFS. (See DMM 707.4.12.5); NON-POSTAL AND MILITARY FACILITIES: Send address changes to Allrecipes, P.O. BOX 37508, BOONE, IA 50037-0508. Canada: Mailed under Publications Mail Sales Product Agreement No. 40062223. Canadian BN 12348 2887 RT. Return undeliverable Canadian addresses to Allrecipes, P.O. Box 882, STN Main, Markham, Ontario L3P 9Z9. © Copyright 2014 Meredith Corporation. All rights reserved. Printed in U.S.A.

## WAKE UP TO EGGS

Eggs now have even more Vitamin D, naturally. Nothing artificial. And they're a good source of high-quality protein too.

/incredibleEdible.ca

According to the USDA Nutrient Database for Standard Reference, the average amount of vitamin D in one large egg is 41 IU, up from 25 IU. Brought to you by America's egg farmers.

# WHAT'S THE SECRET TO BETTER TASTING LASAGNA?

## BETTER MEAT.

### Johnsonville® Italian Sausage Lasagna

1 pkg. Johnsonville® Ground Italian Sausage (or links, decased)
1 jar (24oz) pasta sauce
12 lasagna noodles, uncooked
2 tbsp. olive oil
2 cups fresh spinach, chopped and packed
1/2 cup grated Parmesan cheese
1 large egg
2 cups shredded mozzarella cheese
2 cloves garlic, chopped
1 onion, chopped
4 cups ricotta cheese
1 tsp. dried oregano

Cook pasta according to package instructions. In a saucepan, saute the sausage, crumbling with a spoon, until no longer pink. Add onion and garlic and saute for 4 minutes. Add pasta sauce and set aside. In a bowl, blend ricotta cheese, egg, 1/4 cup Parmesan cheese and spinach; set aside. Coat a 9x13 baking dish with olive oil and spread 1 cup of sauce mixture on the bottom. Top with 3 lasagna noodles. Spread 1/4 of the ricotta cheese mixture on the noodles and layer on 1 cup of the sauce mixture. Sprinkle 1/2 cup mozzarella cheese on top. Repeat process three times starting with noodles and finishing with remaining 1/4 cup of Parmesan cheese. Sprinkle with oregano. Preheat oven to 350 degrees F and bake for 45 minutes until hot and bubbly. Let stand 10 minutes before cutting.

Go to JohnsonvilleKitchens.com for great recipe ideas.

It's easy to enhance the flavor of other classic ground beef recipes by blending in Johnsonville Ground Italian Sausage.

© 2011 JOHNSONVILLE SAUSAGE, LLC